Cheesy Crustless Quiche Recipe

**SERVINGS: 8**
**INGREDIENTS**4 oz. cubed baby low fat Swiss
6 oz. grilled chicken breast, cut up into 1" cubes
10 oz. shredded low fat mozzarella cheese
3 large eggs
1 cup skim milk
Oregano to season (if desired)
Non-stick cooking spray
9" pie pan

**DIRECTIONS**

1. Preheat oven to 400 degrees
2. Spray pie pan with non-stick cooking spray
3. Fill the pie pan with the cubed baby Swiss and cubed chicken breast
4. Spread the 2 cups of shredded mozzarella cheese over the top of the entire mixture
5. Sprinkle the oregano on the top to taste
6. In a separate bowl, whip together the eggs and skim milk. Pour over the chicken and cheese.
7. Bake at 400 degrees for 40 minutes (The top will be very lightly browned when finished)
8. Let cool and serve immediately or cover with tinfoil and place in refrigerator.

Feel free to add cooked vegetables to preferences- tomatoes, onions, green pepper.

**NUTRITIONAL ANALYSIS PER SERVING (1/8 quiche)**
176 calories
9 g fat
3.6g carbohydrate
2g sugar
19.5 g protein