

## Bacon, Mushroom, Tomato and Cheese Quiche



### Ingredients

1 onion  
4 slices of lean bacon  
6 small spears of broccoli  
6 eggs  
8 cherry or small vine tomatoes  
1 tub of very low fat cottage cheese  
salt and pepper to season  
82g of reduced fat cheddar  
Spray Oil

### Method

Preheat oven to 200c or 392f  
Steam or boil the broccoli spears until tender  
Spray a pan with some spray oil and brown the onion and bacon  
In a blender add the eggs and cottage cheese.  
Pour mixture into a bowl and add the broccoli, bacon and onion and mix evenly  
Transfer mixture to a quiche/pie dish  
Then push the tomatos into the top of the mixture,  
Bake in oven for 10 mins and then remove, add grated cheddar cheese and return to oven  
for a further 20-30 mins.

This recipe is syn free, when using the cheese as a Healthy extra.