

Asiago Spinach Tomato Quiche [based from a recipe by The Runner's Plate]
<http://pajamachef.wordpress.com/2011/03/16/asiago-spinach-tomato-quiche>

Ingredients:

- 3 whole wheat tortillas
- 1 cup Egg beaters [or 4 large eggs]
- 10 ounces frozen spinach, thawed and drained
- 1 - 14.5 ounce can Italian seasoned diced tomatoes, drained
- heaping 1/4 cup shredded asiago cheese
- 1/2 cup fat free cottage cheese
- 1/4 teaspoon paprika
- generous amount of freshly ground black pepper [maybe 1/4- 1/2 teaspoon?]

Directions:

Preheat oven to 350 degrees. Spray a 9" deep dish pie pan with cooking spray. Line with tortillas. In a large bowl, stir together eggs, spinach, tomatoes, asiago cheese, cottage cheese, and paprika. Season with pepper as desired. Pour into tortilla "crust" and bake for 35-40 minutes or until a knife inserted in the center comes out clean. [If necessary: Cover with foil, increase heat to 425 degrees and bake for an additional 20 minutes or until a knife inserted in the center comes out clean.] Let stand 5-10 minutes before cutting.