HOMEMADE QUICHE

Ingredients:
- 8" pie crust (homemade or frozen)
- 2 cartons liquid eggs (e.g. Naturegg Break Free Omega 3) or 10 fresh eggs
- 1/2 cup light shredded cheese
- 1/4-1/2 tsp garlic salt
- Optional additions: chopped spinach, diced ham, broccoli florettes

1. Brown the pie crust by piercing with a fork several times and bake at 400 degrees for 8-10 min.
2. Pour in 2 cartons of reduced fat egg beaters.
3. Sprinkle with 1/2 cup of shredded light cheddar cheese.
4. Sprinkle top with garlic salt to taste.
5. Add in any additional veggies or meat. Ensure they are covered by the egg mixture.

Bake in pre-heated oven at 350 for 30-45 minutes or until a knife inserted into the centre comes out clean. Serve with a side salad. Enjoy!

*2 cartons of liquid eggs will just fit into a commercial pie crust. If you are adding lots of veggies, or your homemade crust edges are not very high, you may need to cut back on the amount of eggs used.

*While cooking, eggs will rise like a soufflé and settle again when taken out of the oven.

Nutritional Info per serving (1/8 shell): 87 calories, 1 g protein, 4 g fat (3 g saturated fat, 12 mg cholesterol) 11 g carbohydrate (0.4 g dietary fibre) 116 mg sodium, 16 mg potassium

FLAKEY PASTRY

*This is a lighter version of pastry. It’s made using a minimal amount of fat!

Ingredients:
- 1 cup cake-and-pastry flour
- 1/2 tsp salt
- 3 tbsp hard butter, cut in chunks
- 3 tbsp cold water (approx)

1. In bowl, combine flour & salt. With fingers or pastry blender, cup or cut in butter until mixture is crumbly.
2. Sprinkle with cold water, tossing with fork to mix. Gather dough together and from into ball, wrap in plastic wrap and chill for 30 minutes.
3. Roll out on lightly floured surface and fit into 9-inch (23 cm) pie plate.

*Makes 1 pie shell (enough for 8 servings)

Here are some common brands that you can compare it to (equivalent serving sizes):
- Pillsbury - 120 calories, 7g fat (2.5g sat. fat, 5 mg cholesterol) 13g carbohydrate, 110mg sodium
- Baker’s square - 220 calories, 16g fat (4g sat. fat), 17.5g carbohydrate
- Tenderflake (frozen) - 100 calories, 6.5g fat

WHEN MAKING PASTRY IN A FOOD PROCESSOR: Make sure that the butter & water you use is very cold. Combine flour & salt. Add butter & process with on/off feature until mixture looks like coarse crumbs. Through feed tube (with processor running) add water all at once. Process until dough just starts to clump together. Remove from processor and proceed as you would when using a bowl.
GENERALLY fat and sugar are added to recipes to provide texture, sweetness, colour and flavour. You can make your favourite recipes healthier by adding less fat or sugar by using various alternatives.

TO REDUCE FAT IN YOUR BAKING:

- **Identify where the fat is coming from** - in desserts the main sources of fat tend to be oil, eggs, butter, margarine, sour cream, chocolate, nuts and cream cheese.
- **Don’t eliminate the fat entirely!** Instead, use substitutions that will still make your dish taste delicious! Nobody wants to eat a rubbery or dry, tasteless dessert. You can replace up to 50-75% of the fat in most dishes but since it is necessary for texture and flavour you cannot get rid of it all.

SOME IDEAS FOR BAKED GOODS:

**Muffins, Cakes, Quick Breads**: Use plain yogurt, skim milk, soy milk, fat free/low fat sour cream to replace whole milk/cream. Sprinkle icing powder on cake instead of frosting. Sub-portion fat with an equal amount of pureed fruit (E.g. peaches for muffins & spice cakes, prunes in chocolate based recipes, pears and bananas in quick bread & coffee cakes, unsweetened applesauce in anything!)

**Cookies**: You need some fat to hold their shape and keep them chewy. Try replacing \(\frac{1}{2}\) fat with applesauce. E.g. Instead of \(\frac{1}{2}\) cup margarine, replace with \(\frac{1}{4}\) cup margarine and \(\frac{1}{4}\) cup fruit puree.

**Pies**: It’s hard to replace shortening in pastry pie crust, but there are still ways to reduce fat. Try using lighter versions of pastry recipes (like the Flakey Pastry above). Or, try using a bottom crust only (no top), try a crumb crust (graham, vanilla, chocolate wafers/gingersnap crumbs) or make a fruit crisp instead!

WITH LOW FAT HEALTHY BAKING MAKE SURE YOU...

- **Don’t overbake!** - Baked goods with less sugar may not brown as much. Low fat baked goods have moist, shiny tops and may look undercooked—so be careful!
- **Decrease oven temperature** - to keep goods from drying out.
- **Wrap baked goods in foil**: it holds moisture better than plastic wrap.
- **Use non-stick pan or parchment paper** to prevent sticking & help browning or try coating the pan with corn meal or flour.

Source: Secret of Fat Free Baking, Sandra Woodruff