

Appetizers

Monterey Jack Quiche Squares

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

3 eggs, room temperature

1/4 cup + 2 tablespoons all-purpose flour

3/4 teaspoon baking powder

1/4 teaspoon salt

1 1/2 cups (6 ounces) Monterey Jack cheese, shredded

1 cup + 2 tablespoons low-fat cottage cheese

1 can (4 ounce) diced green chilies, drained

vegetable cooking spray

Preheat the oven to 350 degrees.

In a bowl, beat the eggs with an electric mixer for 3 minutes or until thick.

In a bowl, combine the flour, baking powder and salt. Add to the eggs and beat until smooth.

Stir in the cheese and green chilies.

Pour the mixture into a square 9-inch baking pan coated with cooking spray.

Bake for 30 to 35 minutes.

Cool in the pan for 10 minutes before serving.

Cut into 2-1/4-inch squares.

Yield: 16 appetizers

Per Serving (excluding unknown items): 970 Calories; 67g Fat (62.3% calories from fat); 64g Protein; 27g Carbohydrate; 1g Dietary Fiber; 787mg Cholesterol; 2018mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 8 Fat; 0 Other Carbohydrates.