Fresh Vegetable Quiche with Feta and Parmesan Cheese

Ingredients:

9-inch pie crust, unbaked
6 large eggs
½ cup lowfat milk
½ cup light cream
4oz feta cheese, crumbled
¼ cup grated parmesan cheese
2 cups loosely packed fresh spinach, chopped
1 ½ medium tomato, chopped (3/4 cup)
½ regular or 1 small green bell pepper, chopped (1/2 cup)
6 chives, minced
1 tablespoon fresh parsley, minced
Salt and pepper to taste

Directions:

Preheat oven to 375°
In large bowl, beat eggs. Add milk and stir to combine. Add cheeses and stir to combine. Fold in remainder of ingredients. Add salt and pepper to taste.
Pour egg mixture into prepared (unbaked) pie crust, making sure to not overfill crust.
Bake in preheated oven for 35-45 minutes, until eggs are set and crust is lightly browned.
Let stand 10 minutes to cool slightly. Enjoy warm or promptly cover and refrigerate for up to 4 days.

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