



mini spinach and mushroom quiche

ingredients

- 6 strips turkey bacon
- 1 tablespoon olive oil
- 10 ounces white mushrooms
- 1 small shallot
- kosher salt and black pepper
- 2 cups baby spinach
- freshly grated nutmeg
- 4 large eggs
- 4 large egg whites
- 1/4 cup skim milk
- 1/3 cup grated sonatina cheese
- mixed greens for serving

directions

Preheat oven to 375°F. Spray a 12-cup muffin pan. Cook turkey bacon until crisp. Chop. Sauté mushrooms, shallot, salt, and pepper until browned. Add spinach and nutmeg until wilted. Whisk eggs, egg whites, milk, salt, and pepper. Stir in cheese.

Fill muffin tins halfway with egg mixture. Top with veggies and bacon. Bake until golden. Cool for 5 minutes, then transfer to a wire rack. Serve warm or at room temperature with greens.



sweet and sour pork

ingredients

- 1 pound pork tenderloin
- 2 1/2 tablespoons balsamic vinegar
- kosher salt
- 2 teaspoons low sodium soy sauce
- 1 tablespoon cornstarch
- 3 tablespoons ketchup
- 3 tablespoons sugar
- 3 tablespoons vegetable oil
- 3 cloves garlic, minced
- 2 carrots, thinly sliced
- 3 scallions, cut into 1/2-inch pieces
- 3 cups snow peas, cut in half

directions

Toss pork with 1/2 tablespoon vinegar and a pinch of salt. Mix remaining vinegar, soy sauce, cornstarch, ketchup, sugar, water, and salt in another bowl. Heat 2 tablespoons peanut oil in a skillet or wok over high heat. Stir pork until mostly opaque, about 2 minutes. Remove pork, discard oil, and wipe skillet. Heat 1 tablespoon peanut oil. Stir-fry garlic with a pinch of salt and sugar for 15 seconds. Add carrots and scallions, cook for 2 minutes. Add pork, snow peas, and soy sauce mixture. Stir until pork is cooked and sauce thickens, about 3 minutes.