Find this recipe at:

http://www.diabeticgourmet.com/recipes/html/844.shtml

## Bacon and Mushroom Bite-Size Quiche

Makes 3 1/2 dozen. Serving size: 1 quiche.

#### **Ingredients**

- 8 slices bacon
- 1/4 pound fresh mushrooms, chopped
- 1 tablespoon butter
- 1/3 cup green onion, chopped
- 1 2/3 cups Swiss cheese, shredded
- Pastry for double-crust pie, (homemade or purchased)
- 5 eggs
- 1 2/3 cups sour cream

#### Directions

- 1. Heat oven to 375 degrees F.
- 2. On a lightly floured board, roll out the pastry dough 1/16-inch thick.
- 3. Using a 3-inch cutter, cut out 42 circles; re-roll scraps as needed.
- 4. Fit circles into bottoms and slightly up sides of lightly greased 2-1/2-inch muffin pans.
- 5. Meanwhile, fry bacon slices until crisp, drain; crumble or chop.
- 6. Chop mushrooms, saute in butter until limp and liquid evaporates.
- 7. Combine bacon, mushrooms, green onion and cheese. Divide filling equally among muffin cups.
- 8. In large bowl, beat together eggs, add sour cream and stir until smooth. Spoon about 1 tablespoon into each muffin cup.
- 9. Bake until puffed and light brown, 20-25 minutes. Cool in pans 5 minutes; lift out.
- 10. Serve warm or let cool on wire racks. If made ahead, wrap cooled quiches airtight, and refrigerate overnight.
- 11. Reheat, uncovered, in a 350 degrees F. oven for about 10 minutes.

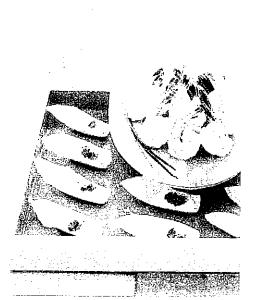
#### **Nutritional Information** (Per Serving)

Calories:	95
Protein:	3 g
Sodium:	87 mg
Cholesterol:	35 mg
Fat:	7 g
Dietary Fiber:	0 g
Carbohydrates:	4 g



# Endive "Spoons" With Lemon-Herb Goat Cheese

Bon Appétit | June 2003 Adapted from Rozanne Gold



(photo by: Pornchai Mittongtare)

Yield: Makes about 60 pieces

#### ingredients

- 1 pound soft fresh goat cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 generous teaspoons grated lemon peel
- 3 tablespoons finely chopped fresh cilantro
- 3 tablespoons finely chopped fresh chives
- 8 long slender heads of Belgian endive
- Very small fresh cilantro sprigs (for garnish)
- 6 grape tomatoes out crosswise into yeary thin e
- 6 grape tomatoes, cut crosswise into very thin slices, slices halved (for garnish)

#### preparation

Using on/off turns, blend goat cheese, olive oil, 1 tablespoon lemon juice, and lemon peel in food processor just until smooth and creamy. Transfer mixture to medium bowl. Stir

in chopped cilantro and chives. Season cheese mixture to taste with salt and pepper. Cover and refrigerate until cold. (Can be made 1 day ahead. Keep refrigerated.) If desired, transfer cheese mixture to pastry bag fitted with small plain tip.

Cut off and discard root ends of endive. Separate leaves. Cut cores, with some smaller leaves still attached, crosswise into thin strips. Toss sliced endive with remaining 1 tablespoon lemon juice in large bowl to coat. Arrange sliced endive on large platter. Pipe or spoon about 1 1/2 teaspoons cheese mixture at wide end of each endive leaf. Place 1 very small sprig cilantro and tomato slice atop each. Arrange leaves in concentric circles atop sliced endive. (Can be made 4 hours ahead. Cover and chill.)

Epicurious.com @ Condé Nast Digital, Inc. All rights reserved.

#### **Nutrition Facts**

Calories 35	Calories fro	m Fat 20
	% Daily Value *	
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fal		
Cholesterol less tha	m 5 mg	1%
Sodium 40mg		2%
Potassium 210mg		6%
Total Carbohydrate	29	19
Dietary Fiber 2g		8%
Sugars Og		
Protein 2g		
Ballering weight		
Vitamin A		30%
Vitamia C		10%
Calcium		49
Iren		49

Pessent Disty Values are pasud on a 2,900 calcuing.
Cour Date Visions may be higher or sever depending on your oard emeeds.

### Phylic and Boursin Wrapped Asparagus

60 8

asparagus spears, large

oz Boursin Cheese box Phyllo pastry sheets

defrosted according to package directions

½ cup olive oil



- Wash and trim asparagus spears. Hold for next step
- 2 Take 3 layers of phyllo dough at a time and cut 4 inch by 2 inch strips. Enough to wrap around asparagus
- 3 Place asparagus on phyllo dough strips and spread ½ tsp of Bousin and roll up
- 4 Seal phyllo by brushing with olive oil
- 5 Bake at 350 degrees for 7-10 minutes.

Servings: 60

#### Cooking Times

Preparation Time: 40 minutes Cooking Time: 10 minutes

#### **Mutrition Facts**

Serving size: 1/60 of a recipe (0.7 ounces).

Percent daily values based on the Reference Daily

Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
Calories	34.03
Calories From Fat (88%)	29.81
	% Daily Value
Total Fat 3.45g	5%
Saturated Fat 1.39g	7%
Cholesterol 4.41mg	1%
Sodium 25.54mg	1%
Potassium 30.32mg	<1%
Total Carbohydrates 0.7g	<1%
Fiber 0.32g	1%
Sugar 0.28g	
Protein 0.58g	1%
	A CONTRACTOR OF THE PARTY OF TH