

## **Italian Asparagus Quiche**

- \* 1/2 cup sliced carrots
- \* 1/2 cup chopped onions
- \* 1 prepared 9-inch pastry pie crust
- \* 3/4 cup low fat cottage cheese
- \* 1 tablespoon flour
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon Italian seasoning
- \* 1 teaspoon Dijon mustard
- \* 1/4 teaspoon red pepper sauce
- \* 2 eggs
- \* 1/2 cup milk
- \* 1 cup shredded cheddar cheese
- \* 1 pound, 4 ounces fresh Michigan asparagus cut into 1-inch pieces and steamed, or 2 cups (12-ounce package) frozen Michigan asparagus cuts and tips, thawed, drained

Cook carrots and onions in small amount of water until crisp-tender. Drain and set aside. Bake pastry crust at 350° F about 15 minutes or until very lightly browned. In food processor or electric blender, process cottage cheese, flour, salt, Italian seasoning, mustard and pepper sauce until smooth. Add eggs and milk. Process 5 seconds longer or until mixed. Place 3/4 cu of the cheddar cheese in bottom of crust. Arrange asparagus and drained vegetables evenly over cheese. Pour cottage cheese mixture over vegetables. Sprinkle with remaining cheddar cheese. Bake at 350° F for 45 minutes or until knife inserted near center comes out clean. Let set 10 minutes before serving. Makes 6 servings.