

Southwest Potato Pie

Serves 2
Points per serving 7.5

Ingredients

1-pound, 4-ounce package refrigerated shredded hash browns
4 ounces (1 cup) shredded fat-free cheddar cheese
¼ cup chopped red pepper
¼ cup chopped tomato
3 tablespoons chopped onion
1 jalapeno pepper, seeded and minced
¾ cup fat-free milk
¾ cup Egg Beaters
¼ teaspoon freshly ground black pepper
Cooking spray

Directions

- Pre-heat oven to 375 degrees.
- Combine all ingredients (except cooking spray) in a large bowl and stir with a large spoon.
- Spray large quiche dish with cooking spray (we use Corning's 24-centimeter dish that is about 1.5 inches high).
- Pour mixture into dish and spread out evenly.
- Bake for 45 minutes (longer, if needed) until knife inserted into center comes out clean.
- Cut into four wedges with spatula and serve. One serving = 2 wedges