

Recipe Name: Crab and Spinach Quiche**Recipe Category:** Lunch Entrée**Portion Size:** ½ cup**Ingredients:** Yields: 8 servings

| Ingredients | Notes: |
|--|-------------------------------|
| 1 tablespoon olive oil | |
| 1 large onion | Washed, peeled and diced |
| 1 (14 oz.) package fresh baby spinach | Washed, trimmed and Chopped |
| 8 eggs | May use 2 cups egg substitute |
| 1/2 cup nonfat milk | |
| 8 oz. low fat shredded sharp cheddar cheese or mozzarella cheese | |
| 1/2 cup grated parmesan cheese | |
| 1 teaspoon salt | |
| 1 pinch ground black pepper | |
| 3 cups imitation crab meat, chopped | |

Directions:

| Steps: | Directions: | Critical Control Point / Quality Assurance |
|--------|---|---|
| 1 | Preheat oven to 375 degrees F (190 degrees C). Spray baking dish with cooking spray. | |
| 2 | Heat olive oil in a large skillet over medium heat and cook onion until softened, about 2 minutes. | |
| 3 | Stir spinach into onion and cook, stirring often, until spinach is wilted and onions are translucent, about 3 more minutes. Drain juice. | |
| 4 | Beat eggs with milk in a large bowl until thoroughly combined; beat in Cheese, and 1/2 Parmesan cheeses and season with salt and black pepper. Drain juice. | |
| 5 | Pour spinach mixture into the baking pan and top spinach with imitation crabmeat. Slowly and carefully pour egg-cheese mixture over the imitation crab. | |
| 6 | Bake in the preheated oven until the egg is set, 25 to 30 minutes. | Internal temperature should reach 160 degrees |

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size prior to mixing. Moisten with milk as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with milk as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with milk as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Puree with broth if needed.

Therapeutic Modified Diets:

Lowfat: Use egg substitute.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed.

Bland/Anti Reflux: Omit onion and pepper. Use egg substitute.

Liberal House Renal: Omit cheese, Parmesan cheese and imitation crab. May add SF fish or chicken in place of crab.

No Added Salt: Omit Salt.

2 Gram Sodium: Omit cheese, Parmesan cheese and imitation crab. May add SF fish or chicken in place of crab.

Gluten Free: No changes needed

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

| Wheat | Milk | Eggs | Fish Shellfish | Soy | Peanuts/Nuts | Other |
|-------|------|------|----------------|-----|--------------|-------|
| | x | X | X | | | |

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free