

Spinach Feta Quiche

Printable grocery list · Serves 6

- ☐ Phyllo dough sheets
- ☐ Fresh spinach
- ☐ Onion
- ☐ Garlic
- ☐ Fat free feta cheese, crumbled
- ☐ Reduced fat grated Parmesan cheese
- ☐ Lowfat ricotta cheese
- ☐ Eggs
- ☐ Ground nutmeg
- ☐ Salt & pepper
- ☐ Olive oil cooking spray