

1 pie crust
1 cup low-fat milk
4 large eggs
1 cup cheddar cheese, shredded
3 to 4 green onions, chopped
1 teaspoons dried basil
½ teaspoon salt
Pepper, to taste
1-2 small tomatoes

Directions:

1. Preheat oven to 400 degrees
2. Place

tomatoes

6. Bake at 400 degrees for 15 minutes and reduce to 350 degrees for 20-25 minutes

Serves 6

Nutrient Analysis, per serving: 168 calories, 7g. carbohydrate, 10g. protein, 11g. fat, 215mg. sodium