

**SHIITAKE BRIE QUICHE**

This quiche is an easy, Lower G.I. luncheon treat that is a delight to mushroom and brie lovers. It can be made ahead of time and rewarmed in the oven when ready to serve.

**¾ cup shiitake mushrooms, chopped**  
**¼ cup shallots, minced**  
**1 tbsp "butter"**  
**3 oz brie cheese, diced**  
**¾ cup egg substitute (X)**  
**1½ cup fat free half and half cream**  
**1 large lower G. I. flour tortilla**

Remove the stems from the mushrooms and discard (shiitake stems are tough!). Chop the mushrooms roughly, sauté them with the shallots in the "butter"; and set aside. Mix together the eggs, cream, and mushroom mixture.

Grease a pie pan and press the tortilla into it to form a crust. Pour the mixture above into it. Place on a cookie sheet and bake at 375°F for 25-30 minutes, or until the top is lightly browned and the pie is firm in the middle.

Serves 4.

**EGGSAÑA †**

Lasagna al Forno is a favorite Italian casserole that almost everyone has eaten at one time or another. Those needing to watch their carbohydrate intake may also enjoy it without feelings of guilt if it is made with low-glycemic-index lasagna noodles. The recipe below is another candidate with a Southwestern flair, using egg-substitute crêpes instead of noodles, sausage for ground beef, and my spicier version of pasta sauce.

**¾ cup X<sup>1</sup>**  
**2 sausage<sup>2</sup> patties, crumbled, divided in three equal sections**

<sup>1</sup>Egg substitute.

<sup>2</sup>Breakfast Sausage, page 29.

**1½ cup Enojado Diablo Salsa<sup>3</sup>**  
**¼ lb 2% milkfat sharp cheddar cheese, grated**  
**3 oz grated Parmesan cheese**

Bring a 10" nonstick sauté pan to medium high heat, and place ¼ cup of egg substitute in it, swirling it around to coat the bottom of the pan to make a thin crêpe-like pancake. Cook until safe to turn over, and then do so (according to your skills with spatula and/or flipping). Cook on reverse side until just beginning to brown. Make two more such crêpes and set aside.

Grease a casserole dish, place one of the X-crêpes in the dish, cover evenly with ⅓ of the arrabiata sauce, then ⅓ of the crumbled sausage, then with ⅓ of the cheese, and top with one oz of Parmesan cheese. Repeat this procedure with the next two layers of the dish.

Cover and place in a 350° F oven for 20 minutes. Remove lid and continue to cook another 10 minutes.

Remove from oven and cool a little before serving. Makes 4 portions.

<sup>3</sup>Enojado Diablo Salsa, page 258.