### Bacon and mushroom Crustless quiche

**Serves:** 2

* 1 tbs olive oil
* 220g bacon, visible fat removed, chopped
* 110g mushrooms, sliced
* 2 garlic cloves, crushed
* 3 large eggs
* 150g fat-free natural cottage cheese
* 2 tbsp chopped fresh parsley
* 80g reduced-fat Cheddar
* 3–4 cherry tomatoes, halved

1. Spray a frying pan with low-calorie cooking spray and place over a medium heat. Add the bacon and fry for a few minutes, then add the mushrooms, garlic and seasoning and continue to cook for 4-5 minutes, or until the mushrooms have softened. Set aside.
2. Preheat your oven to 190°C/fan 170°C/gas 5. Spoon the bacon mixture into a flan dish.
3. Mix together the eggs, cottage cheese, parsley and Cheddar, then spoon over the bacon mixture.
4. Top with the tomato halves and bake for 15-20 minutes, or until just set.
5. Serve with salad