

SUNRISE DELIGHT

Serves 6

CRUST:

Vegetable spray
1-1/3 cups reduced-fat biscuit mix
1/4 cup 2% milk
2 ounces semi-sweet chocolate
2 eggs, beaten

FILLING:

1-1/2 cups pork tenderloin, precooked and diced
6 ounces low-fat cheddar cheese, shredded
3/4 cup low-fat cottage cheese, softened
2/3 cup pineapple tidbits, drained
1/2 cup coconut, sweetened and flaked
2 eggs, beaten
1 tablespoon mint, chopped

- **CRUST:** Spray 10" quiche pan with vegetable spray, set aside.
- In a double boiler add chocolate and milk; melt and stir until smooth. Remove from heat, let cool and set aside.
- When chocolate mixture has cooled, add eggs and biscuit mix; blend well. Pour mixture into quiche pan, set aside.
- **FILLING:** Prepare filling by combining all ingredients above, mix well. Pour into chocolate crust.
- Bake at 350° F for 40 minutes.
- If desired, garnish with some pineapple, coconut and mint.

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FOLD ALONG
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