

Well-News

NEW Group Fitness Class! **HIIT Boot Camp**

Every Mon & Wed
May 1— Jun 28
1:05-1:55pm

Employee Wellness Fitness Center
See [GoSignMeUp!](#) for details and registration

Collier County Government Wellness
Covering Wellness, MedCenter, Health Advocate and Benefits News
April 2023

Did you know we have an
**ON-SITE insurance rep for
Alliance Health & Dental?**

Dan Ross

855-333-1004 EXT: 3702

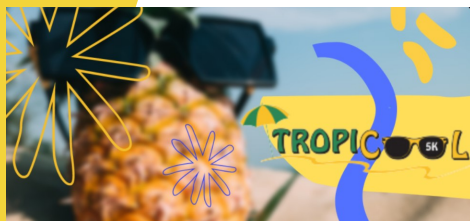
Available Mon-Fri, 8am-4:30pm

Located in the Benefits office

(across the hall from the MedCenter)

Risk Management, Bldg. D

**JUST
DROP IN**
NO APPOINTMENT
NECESSARY



Run a 5k for \$50HB!
Sun May 7th, 7:30am
Must register at
[Gulf Coast Runners](#)
and on [GoSignMeUp!](#)

Special Health Seminar! **Oral Health and Diabetes in Dentistry**

Presented by Dr. Wisdom D. Akpaka, DDS

Wed April 19th, 5:15-6:15pm, Risk Management Bldg D

\$50HB! Register on: [GoSignMeUp!](#)

Ham & Cheese Quiche with Cauliflower Crust

Crust

- 1 large head cauliflower, cut into florets
- 1 large egg, lightly beaten
- 2 tablespoons grated Parmesan cheese
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper

Filling

- 2 teaspoons extra-virgin olive oil
- ½ medium red onion, thinly sliced
- ½ cup chopped red bell pepper
- 2 ounces diced ham
- ¾ cup shredded smoked Gouda cheese
- 4 large eggs
- 1 tablespoon sour cream
- 1 cup low-fat milk
- ¼ teaspoon salt
- ⅛ teaspoon pepper



Yield: 6 servings

To prepare crust: Pulse cauliflower in a food processor until it has the consistency of coarse crumbs (you should have about 4 cups). Transfer to a microwave-safe dish; cover and microwave on High for 3 minutes. Stir and microwave for 2 minutes more. Let cool for 15 minutes.

Meanwhile, preheat oven to 400 degrees F. Coat a 9-inch deep-dish pie pan with cooking spray.

Wrap the cauliflower in a kitchen towel or cheesecloth and squeeze to remove as much liquid as possible. Stir together the cauliflower, 1 egg, Parmesan, 1/4 teaspoon salt and 1/8 teaspoon pepper in a medium bowl. Transfer the mixture to the prepared pan and press it evenly into the bottom and up the sides of the pan. Bake until the crust is set and beginning to brown around the edges, about 25 minutes.

Meanwhile, prepare filling: Heat oil in a medium skillet over medium heat. Add onion and cook until beginning to soften, about 3 minutes. Add bell pepper and cook until softened, about 4 minutes more. Transfer to a small bowl and let cool slightly.

Evenly scatter the vegetable mixture, ham and Gouda over the crust. Whisk eggs and sour cream in a small bowl until smooth. Whisk in milk, salt and pepper. Pour the egg mixture over the other filling ingredients. Reduce oven temperature to 350 degrees F. Bake the quiche until the filling is set in the center and beginning to brown slightly, 35 to 45 minutes. Let cool slightly before serving.

Calories 212, Fat 12g, Sat Fat 5g, Carb 11g, Protein 16g