



crustless vegetable quiche;

1. (kruh'st-lehss vehg-tah-buhl kee-shh) *noun*. A healthy crustless egg quiche stuffed with vegetables.
2. Produces 8 Servings.
3. Preparation 45 mins.
4. Oven temperature set to 350.

Ingredients;

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| 1 Tbsp. olive oil | 2 cloves garlic, minced |
| ½ red pepper, diced | 2 c. broccoli crowns, chopped |
| ½ onion, diced | 4 large eggs |
| 4 egg whites | ¾ c. milk |
| salt & pepper | ½ Tbsp. oregano |
| ½ Tbsp. basil | ½ c. mozzarella, shredded |
| ½ c. feta cheese | |

Instructions;

1. Spray a pie plate with cooking spray and set aside.
2. In a large skillet, heat the olive oil. Add the garlic, peppers, broccoli, and onion and sautee until soft, approx. 8 minutes.
3. While the vegetables are cooking, whisk together eggs and egg whites. Then whisk in the milk, salt, pepper, oregano, and basil. Stir in the mozzarella as well.
4. Once the vegetables are cooked, mix them into the egg mixture and pour into the prepared pie plate.
5. Bake for 40 minutes or until the edge of the quiche starts to brown and the center is firm. Let rest for 10 minutes (it may settle some) then serve and enjoy! You can also cut into individual slices and freeze.