



# No-Crust Veggie Quiche



## Ingredients

2 tsp	Olive Oil
1/2 cup	Chopped Onion
2 medium	Red Potatoes, thinly sliced
5	Eggs
1/2 cup	Low-fat Milk
1 1/2 cups	Chopped Cauliflower
1 cup	Fresh Greens
1 cup	Shredded low-fat cheese
1 tsp	Paprika
Salt and Pepper to taste	

## Supplies & Equipment

- 8-by-8 inch casserole dish
- Cutting board
- Knife
- Small mixing bowl
- Whisk
- Oven mitts

## Directions

1. Preheat oven to 375 degrees. Lightly oil casserole dish. Add onions to the dish and then layer sliced potatoes on top. Drizzle veggies in oil, season with salt and pepper, and place in oven for 15 minutes.
2. In small bowl, whisk eggs & milk.
3. Remove dish from oven. Spread an even layer of chopped cauliflower over onions & potatoes, then add a layer of greens, and top with shredded cheese. Pour egg mixture over top of the dish and sprinkle with paprika.
4. Bake for 30 minutes, until quiche is golden brown.

\*Be creative with adding your favorite veggies to this dish!

This recipe was modified from Cauliflower No-Crust Quiche Recipe on [eatright.org](http://eatright.org)