

Seasonal Crustless Quiche

Basic Recipe:

5 eggs, beaten

¼ t. salt

1 cup (4 oz.) cheese, shredded

1/8 t. pepper

Seasonal/Summer Vegetable Add-ins (choose any or all):

1-2 medium tomatoes, seeds removed, chopped

1 cup fresh mushrooms, chopped

½ small zucchini or yellow squash, shredded

½ cup onions, chopped

1 cup chard leaves, chiffonade

1-2 hot peppers

½ cup fresh basil, chiffonade

½ cup fresh herbs, chopped

(sage, oregano, thyme, etc.) Be bold!

Cooking For Real with Yvonne & Denise (Triskeles Inc.'s Food for Thought Partners)
Hands-on Cooking and Nutrition for all ages

Combine eggs, cheese, salt and pepper. Grease a 9-inch pie pan.
Arrange prepped vegetables and herbs in greased pan.
Pour egg mixture evenly over top; stir to even out mixture.
Bake in preheated oven at 350° for 30 minutes or until set.