

Crustless Veggie Quiche

A delectable way to start your day



INGREDIENTS:

2 cups grated zucchini
1 teaspoon sea salt
2 cups grated carrots
1/2 cup cooked bacon, crumbled
9 eggs
2 tablespoons fresh rosemary, finely chopped
2 tablespoons fresh chives, finely chopped
1-2 teaspoons oil for baking dish

DIRECTIONS:

1. Preheat oven to 375 degrees
2. Grate zucchini, put in a bowl and sprinkle with salt. Toss and let stand while you prepare the remaining ingredients.
3. Cook bacon and crumble.
4. Crack eggs into a bowl and whisk until well combined.
5. Grate the carrots.
6. Chop the herbs.
7. Put the zucchini in a cheesecloth bag (or just use your hands) to squeeze out as much water as you can. This helps set the quiche nicely.
8. Add the zucchini to the bowl of whisked eggs along with the other ingredients. Stir until well combined.
9. Oil a 9 or 10 - inch pie dish or skillet. Pour the mixture into the dish and smooth with the back of a spoon.
10. Bake for 40 - 45 minutes until set in the middle and lightly browned.

Credit: Flavour and Savour



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