

Zucchini Quiche

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Zucchini is an incredibly versatile flavor, and one that makes any dish tasty, savory, and moist. Sharp cheddar cheese and grated Swiss cheese make this simple quiche an instant favorite. Omit a pastry crust for a gluten-free option that makes a healthy and hearty meal any time of the day.

Ingredients:

1 1/2 lb zucchini, grated and drained
4 eggs, beaten
1 1/2 c. sharp cheddar cheese, grated
1 c. Swiss cheese, grated
1 medium red onion, minced
1/2 c. cream
1 Tbsp butter
1/4 tsp salt
black pepper to taste

Directions:

1. Preheat oven to 350 degrees. Lightly grease a 9-inch pie plate and set aside.
2. In large saucepan heat butter. Saute onions until tender and aromatic. Add zucchini and saute 5 minutes or until heated through.
3. In large bowl combine eggs, cream, butter, salt, pepper, and cheese. Add zucchini and onion and stir to combine.
4. Pour mixture into lightly greased 9-inch pie plate. Bake for 30-40 minutes or until a toothpick inserted in the middle comes out clean.

Pour into a lightly greased nine-inch pie plate (no need for a crust).

Author: Catherine Herzog