



Vegetable Quiche...Hold the Crust

Serves 4

- 1 Tbsp. butter
- 1 large onion, sliced into half moons
- 3 – 4 cups chopped vegetables
- 8 eggs
- 1 cup milk
- 1 cup Cheddar or other cheese, grated
- 1 tsp. salt
- ½ tsp. black pepper

Preheat oven to 400° F. Melt the butter in a skillet over medium heat. Add onion slices and sprinkle with a bit of salt and pepper. Cook the onions until they are golden brown and starting to caramelize. If pan is oven-proof, simply remove it from the heat and spread the onions evenly across the bottom. Otherwise, grease a pie plate and scoop the onions into it, creating an even layer on the bottom. The onions add a crust-like texture and bit of crunch.

If choosing broccoli, cauliflower or winter squash, steam or cook them before adding to the quiche to ensure they will get fully cooked. For tomatoes, zucchini, spinach or any other quick-cooking vegetable, just use the fresh version. Spread the vegetables evenly over top of the onions. The dish or pan should look fairly full.

In a bowl, use a fork to lightly beat the eggs with the milk, cheese, salt, and pepper, just enough to break up the yolks and whites. Pour the egg mixture over the vegetables and the onions. Bake quiche in a 400° F. oven for 1 hour or until the surface is lightly browned and it's fully cooked. Let the quiche cool for about 20 minutes, then slice into wedges and serve.