



Cut at the line for a 4x6 Recipe Card

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Veggie Quiche

(Dinner, None)

Ingredients:

- 12 tart shells (4", deep dish preferred)
- 12 tbsp bell peppers, diced small
- 12 tbsp onion, diced small
- 12 tbsp mushrooms, diced small
- 12 tbsp broccoli, diced small
- 12 tbsp zucchini, diced small
- 24 tbsp Parmesan cheese, grated
- 12 eggs
- 3 cups whipping cream
- 1 tsp celery salt
- 1 tsp black pepper

Directions:

Preheat oven to 350F. Place 1 tablespoon of each vegetable in each tart shell. (If you would like the added protein, add 1 tablespoon of cooked, shaved meat here as well.) Top each tart with 2 tablespoons of cheese. In a blender, thoroughly combine the eggs, cream and seasonings. Divide the egg mixture evenly between all tarts. Bake for 25-40 minutes, or until the centre starts to puff up a little and is set up like the texture of scrambled eggs. The crust should also be golden. Yield: 12 quiches

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