



NUTRITION CONSULTING INC.

## Mediterranean Crustless Quiche

Created by the Egg Farmers of Canada

Makes 6 servings

Prep: 15 min.

Cook: 35 min.

### What you need:

1 tbsp	olive oil	15 mL
3 cups	thinly sliced zucchini	750 mL
1 cup	chopped onion	250 mL
1	clove garlic, minced	1
3.5 oz	crumbled goat cheese	100 g
1/4 cup	halved pitted kalamata olives	50 mL
3 tbsp	minced soft sun-dried tomatoes	45 mL
5	eggs	5
3/4 cup	milk (2%)	175 mL
1/2 tsp	dried basil (or 1 tbsp/15 mL finely chopped fresh basil)	2 mL
1/8 tsp	pepper	0.5 mL



### How to prepare:

Preheat oven to 350°F (180°C).

Heat oil in large non-stick skillet over medium heat. Add zucchini, onion and garlic; cook, stirring until golden brown and soft, about 6 minutes. Transfer mixture to 9-inch (23 cm) quiche dish or pie plate sprayed with cooking spray. Sprinkle goat cheese, olives and sun-dried tomatoes over top.

Whisk eggs, milk, basil and pepper in medium bowl. Pour egg mixture over zucchini mixture.

Bake in preheated 350°F (180°C) oven until set in centre, 35 to 40 minutes.

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**Nutrients per Serving:**

Calories 204

Fat 14 g

Saturated Fat 6 g

Trans Fat 0 g

Sodium 209 mg

Carbohydrate 8 g

Fibre 1 g

Sugars 5 g

Protein 13 g

*Recipe used with permission from the Egg Farmers of Canada. Visit [www.eggs.ca](http://www.eggs.ca) for more great recipes.*

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