



Veggie Quiche

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 large eggs - 1/2 cup of milk/replacement - 1/2 head of broccoli - a couple handfuls of spinach - 3 cloves garlic - 1/2 red onion - a few cherry tomatos - 1/2 to 3/4 cup grated cheese (swiss/cheddar/gouda is a nice choice) - olive oil - sea salt + fresh pepper to taste - pinch cayenne pepper - 9" unbaked pie pastry

Instructions

I love the quiche because it's so adaptable - if you don't have these veg handy they're easily substituted. A tip stolen from a friend: using smoked gouda in this adds a really nice "meaty" flavour. 1. Sweat chopped garlic and red onion in a little olive oil. Meanwhile steaming the broccoli and spinach for a couple minutes. 2. Combine eggs and milk and add a bit of salt and pepper - include the cayenne 3. Fill pie crust with the onion + garlic mixture, broccoli, spinach and cheese (save a little for the top). 4. Pour egg mixture over everything and top with the left over cheese and cherry tomatos 5. Bake at 425 for about 35 minutes Serves 4