



# Summer Vegetable Crustless Quiche

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: 1 piece

## Ingredients

Nonstick cooking spray  
1 tablespoon olive oil  
½ medium onion, diced (about ½ cup)  
½ medium zucchini, chopped (about ½ cup)  
2 cups chopped or torn leafy greens (e.g. kale, chard, spinach)  
6 eggs  
¾ cup low-fat (1%) milk  
3 tablespoons all-purpose flour  
½ teaspoon baking powder  
½ teaspoon paprika  
¼ teaspoon dried thyme  
¼ teaspoon salt  
Pinch ground black pepper  
¼ cup crumbled feta

## Directions

1. Preheat oven to 375°F. Grease a pie plate or 8x8-inch baking dish with cooking spray. Set aside.
2. Heat a medium skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the onion and cook, stirring often, for 5 minutes.
5. Add the zucchini and continue cooking for 5 minutes.
6. Add the greens and continue cooking for 5 minutes.
7. Transfer the vegetables to the prepared pie plate or baking dish.
8. In a medium bowl, beat the eggs. Add the milk, flour, baking powder, paprika, thyme, salt, and black pepper. Whisk to combine, then gently stir in feta.
9. Pour the egg mixture over the vegetables and stir gently.
10. Bake until the center is set, about 25-30 minutes.
11. Let cool slightly, then cut into six pieces and serve warm.

## Recipe Notes

- Try other vegetables such as peppers, mushrooms, and thinly sliced potatoes. Add a different cheese, if desired.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 9 g | Saturated Fat: 3 g  
Sodium: 250 mg | Total Carbohydrate: 8.5 g | Dietary Fiber: 1.5 g | Protein: 8.5 g**

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