

Garden Veggie Quiche

Start the morning with this crustless Quiche! It packs a healthy punch with the fresh flavors of bell peppers, eggs, spinach, and cheese.

Makes: 4 servings

Ingredients

- 6 eggs
- 1½ cups milk
- ½ cup whole-wheat flour
- ¼ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon ground black or white pepper
- ? teaspoon ground nutmeg (optional)
- 1 onion, diced
- 2 bell peppers, diced
- 2 cups fresh spinach, chopped
- ? cup cheddar cheese, shredded



Directions

1. Preheat oven to 375°F.
2. Crack eggs into a bowl and whisk them together.
3. Add milk, flour, baking powder, salt, pepper, and nutmeg (optional) to the egg mixture. Whisk until all the ingredients are combined.
4. Add the onions, peppers, spinach to the egg mixture and stir.

5. Pour the egg and vegetable mixture into a lightly greased baking dish.
6. Sprinkle cheese over egg mixture.
7. Bake quiche for 35 minutes.

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