

## Flourless quiche



Base:

6 eggs  
1 cup milk  
1 cup cheese (grated (cheddar cheese, swiss cheese or mozzarella))  
2 tbsp parmesan cheese or feta cheese (optional)  
salt & pepper to taste

Veggies:

1 onion chopped finely  
3 cloves garlic chopped finely  
Herbs: Oregano, Thyme (generous amounts) - others as you like  
Chopped mushrooms (mixed if possible, but not essential)  
2 small zucchinis, halved and chopped into bite-sized pieces  
1 cup arugula, coarsely chopped  
1/2 cup parsley, coarsely chopped

Method:

1. In an oven-to-stove dish if you have one (or just a skillet, transfer later), sauté the onion and garlic a few minutes
2. Add the herbs
3. Add the mushrooms and zucchini and continue sautéing till soft
4. Add the arugula and parsley and sauté another minute, then turn off.

Preheat oven to 350.

Base:

1. Add the eggs, milk, cheeses, salt and pepper and whisk together.
2. If the veggies were not in a stove-to-oven dish, transfer to a baking dish (something wide)
3. Cover the veggies with the base mixture
4. (Optional) top with bread crumbs and a dash of smoked or regular paprika
5. Put in oven. Check after 30 minutes - may take up to 45 to fully set.