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Italian Zucchini Quiche

INGREDIENTS:

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| 1) | 248 Grams Of Zucchini (2 Cups) | 9) | 2.4 Grams Of Salt, Kosher (1/2 Tsp) |
| 2) | 1 Medium Onion (Chopped) | 10) | 56.5 Grams Of Mozzarella Cheese (1/2 Cup) |
| 3) | 1 Clove Garlic (Minced) | 11) | 1 16-Oz Can Tomatoes (Undrained And Cut Up) |
| 4) | 27.25 Grams Of Vegetable Oil (2 Tbsps) | 12) | 1 8-Oz Can Tomato Sauce |
| 5) | 1 9" Unbaked Pastry Shell | 13) | 11.4 Grams Of Parsley, Fresh (3 Tbsps) |
| 6) | 3 Eggs (Beaten) | 14) | 2.4 Grams Of Salt, Kosher (1/2 Tsp) |
| 7) | 225 Grams Of Cottage Cheese (1 Cup) | 15) | 0.58 Grams Of Black Pepper (1/4 Tsp) |
| 8) | 81.33 Grams Of Milk, 2% (1/3 Cup) | 16) | 0.9 Grams Of Oregano, Ground (1/2 Tsp) |

INSTRUCTIONS:

- 1) Make a tomato sauce: add tomatoes, tomato sauce, parsley, salt, pepper, and oregano to a pan and bring to a boil, then reduce heat. Cook uncovered until thickened, about 20 minutes, stirring occasionally.
- 2) In medium skillet, cook zucchini, onion, and garlic in hot oil, uncovered, until vegetables are just tender. 8 minutes max.
- 3) Cool as you pre-bake pastry shell in 375°F oven for 10 minutes.
- 4) Combine eggs, cottage cheese, milk, and 2.4 grams salt.
- 5) Add zucchini-onion mixture, then spoon over cream mixture.
- 6) Bake at 375°F for 35 minutes or until a knife inserted off-center comes out clean. Remove and sprinkle with grated mozzarella cheese, then pour your fresh tomato sauce on top. Let stand 10-15 minutes before serving.

ENTREE
