


VEGGIE QUICHE^o

SERVES: 4 (1 slice each) **Prep Time:** 25 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1



FOR CRUST:

2 Tbsp. ground flaxseed + ½ cup water
2 cups cooked brown rice
1 large egg
¼ cup + 2 Tbsp. whole flaxseeds
¼ tsp. ground black pepper
½ tsp. sea salt (or Himalayan salt)

FOR FILLING:

7 large eggs, lightly beaten
4 cups cooked mixed vegetables
3 Tbsp. finely chopped fresh tarragon
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

FOR CRUST:

1. Preheat oven to 350° F.
2. Combine ground flaxseed and water in a small bowl. Set aside for 5 minutes to soak.
3. Line bottom of 9-inch pie pan with parchment paper and coat with spray. Set aside.
4. Combine rice, egg, ground flaxseed mixture, whole flaxseeds, pepper, and salt; mix well.
5. Spread rice mixture evenly over bottom and halfway up sides of prepared pie pan, dipping hands in water periodically to keep rice from sticking to them. Bake for 20 minutes, or until crust just starts to brown. Set aside.

FOR FILLING:


1. Combine eggs, vegetables, tarragon, salt, and pepper in a large bowl; mix well.
2. Add egg mixture to crust. Bake for 35 to 40 minutes, or until quiche is set in the center.
3. Cut quiche into four slices. Serve immediately or refrigerate in an airtight container for up to 5 days.

RECIPE NOTES:

- This is a great recipe to use your meal-prepped brown rice and vegetables. You can use seasonal vegetables of your choice in this recipe. If you are starting with fresh vegetables, they can be cooked for 4 to 5 minutes in a steamer.
- Frozen vegetables work great too. Make sure you thaw frozen vegetables first.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 391 **Total Fat:** 18 g **Saturated Fat:** 4 g **Cholesterol:** 366 mg **Sodium:** 739 mg **Carbohydrates:** 38 g **Fiber:** 9 g **Sugars:** 3 g **Protein:** 20 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.