

YIELDS: 8

Summer Crustless Quiche

Quiche is a surprisingly versatile dish, and it can be great for breakfast or dinner. While most quiche recipes call for the addition of meat such as ham or bacon and minimal vegetables, I decided to come up with a more healthy, Weight Watchers friendly version that doesn't compromise on flavor. So, with this quiche you'll still get that baked cheesy goodness, but minus the calorie-dense crust. You also get fresh bites of zucchini, artichokes, and fingerling potatoes!

PREP TIME

15 Minutes

TOTAL TIME

1 Hour 35 Minutes

Ingredients:

non-stick oil spray
3 1/2 C red fingerling potatoes, sliced thin
1 medium yellow onion, sliced thin
salt and pepper to taste
2 TBSP Mrs. Dash Southwest Chipotle seasoning
1 C light 3 cheese blend, shredded
5 eggs
1 C 2% milk
1 medium zucchini, sliced thin
1 14 oz can of artichoke hearts, drained and sliced thin
2 TBPS chives, chopped

Instructions:

- Preheat oven to 375°
- Slice potatoes and onions into 1/4" thickness. I used my mandolin with the thicker setting. Spray potatoes and onions with non-stick oil. Toss with salt, pepper and Mrs. Dash Southwest Chipotle seasoning. Place potato and onion mixture in a pie pan that has been sprayed with non-stick oil. Roast until tender, about 30 minutes.
- In the meantime, slice zucchini and artichokes and set aside.
- Once the potatoes and onions are done roasting, stir the mixture to loosen it from the bottom of the pan. Sprinkle cheese over the potatoes. Add sliced zucchini and artichokes.



- Whisk together eggs, milk and pepper. Pour the eggs over the potatoes and zucchini.

- Bake for 40-50 minutes until the eggs have set and do not jiggle.

- Allow to cool slightly before serving.

*I originally tried to use a spring form pan and the egg mixture poured out of the sides like an egg waterfall. I don't know if this was because the pan is broken or if the egg mixture is too runny. Be warned, it took me an hour to clean up.