RECIPE

Mediterranean Crustless Quiche

No crust, just roasted zucchini, red pepper, tomato and spinach in an egg-and-egg-white custard with a little part-skim mozzarella, a breakfast that slices all week.

MAKES

6 servings US Metric

TOTAL

1 h 25 min

Ingredients

- [ ] 2 cups chopped zucchini
- [ ] 1 cup chopped red bell pepper
- [ ] ½ cup chopped onion
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] ¼ tsp garlic powder
- [ ] 3 cups packed baby spinach
- [ ] 4 large eggs
- [ ] 4 large egg whites
- [ ] 1 cup fat-free (skim) milk
- [ ] ½ cup (2 oz / 57 g) shredded part-skim mozzarella
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] Oil spray for the dish

Method

1. Heat the oven to 425 °F. Spray a 9-inch deep pie dish with oil and set a rimmed baking sheet in the oven to heat.
2. Toss the zucchini, red pepper and onion with the olive oil, oregano and garlic powder. Spread them on the hot baking sheet and roast 15 minutes, stirring once, until the edges brown and the zucchini has lost its water.
3. Add the tomatoes to the sheet and roast 5 minutes more, until they just begin to wrinkle. Take the sheet out and turn the oven down to 350 °F.
4. Stir the spinach into the hot vegetables on the sheet for 1 minute, until it wilts. Let it cool 5 minutes, then spread everything in the pie dish and scatter the mozzarella over it.

5. Whisk the eggs, egg whites, skim milk, salt and pepper until smooth. Pour them slowly over the vegetables.

6. Bake 35 to 40 minutes. It is done when the center barely jiggles and a thermometer in the center reads 160 °F. If it is not there, bake 5 minutes at a time.

7. Rest 10 minutes before slicing so the custard finishes setting.