



Crustless Veggie Quiche

165 CALORIE PER SERVING, SERVES 4

ingredients

- Diced Butternut squash
- 2 small or 1 large sliced courgette
- 2 small or 1 large pepper, chopped, any colour
- 2 cloves Garlic, chopped
- 1 Tablespoon dried thyme, or fresh chopped
- 3 large eggs
- 3 large egg whites
- 175 ml milk
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 175g grated cheese
- 2 Tablespoons grated Parmesan cheese

directions

Heat a large frying pan over medium-high heat. Spray with Rapeseed oil spray and add the diced butternut squash, courgette, chopped pepper, garlic, and thyme.

Season with a little pinch of salt and pepper. (The rest of the salt and pepper called for in the recipe goes into the egg mixture, so just use a pinch here). Stirring frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 180°C. Spray a medium sized baking dish with Rapeseed oil spray. In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared dish. Top with grated cheese, then pour the egg mixture on top. Sprinkle with grated Parmesan cheese. Bake for 45 minutes or until filling is set and no longer jiggles. Cool for 10 minutes on a wire rack before slicing and serving. This quiche makes great leftovers! Store tightly covered in the fridge for up to 4 days.