

## Crustless Veggie Quiche

This is a quick and easy go-to recipe, you can use any vegetables you have on hand or add a bit of meat if you want. If you add some spice blends to taste, you can have a different quiche every time you make it. It freezes well and can be reheated in a toaster oven.

Yield: 6 servings

2 medium zucchini, shredded and strained  
2 medium carrots, shredded  
1/2 cup shredded cheese of choice, divided use  
1 teaspoon salt  
12 eggs, beaten  
1 tablespoon butter, or fat of choice for baking dish

Preheat oven to 375 ° F.

Put the zucchini in a cheesecloth or a kitchen towel and squeeze out the excess moisture.

Mix together with the carrots, half of the cheese, salt, and eggs.

Grease a 9x13-inch baking dish, pour the egg mixture into the pan. Bake 30 minutes or so, until the edges are starting to brown.

Turn off the oven, top the quiche with the remaining cheese and leave in the oven just long enough to melt the cheese.

koko's corner