

## Vegetable Quiche



**Recipe by Jennifer Coatanroch; [www.LaViePlenty.com](http://www.LaViePlenty.com)**

Feel free to change up the vegetables and seasonings to whatever you have on hand, or whatever is in season. The recipe is incredibly versatile! It also comes out beautifully when it is topped with sliced heirloom tomatoes in the summer. So pretty!

Bon Appetit!

Servings: 5

Ingredients:

- Avocado oil (or other oil for cooking)
- 1 cup broccoli florets (cut small)
- ½ large green squash, shredded, diced, or spiralized
- 1 small shallot, diced
- ½ tsp dried thyme
- ½ tsp dried basil
- ½ teaspoon salt
- 1 tablespoon nutritional yeast
- 1 tsp hot sauce of choice (I like Veracha)
- ¼ cup mozzarella style shreds (I use Daiya vegan mozzarella)
- ¼ cup salsa
- 6 large eggs
- 1 9" Pie Crust Shells (I use Wholly Wholesome Organic Whole Wheat- they also sell a gluten free version)

Direction:

- Preheat oven to 400°
- Heat avocado oil in a large sauté pan, and add shallots, broccoli, zucchini, thyme, basil, and salt. Cook until tender (about 5 minutes). Once cooked, set aside to cool for 5 minutes.
- While the vegetables are cooking, whisk eggs into a medium mixing bowl. Add the nutritional yeast, hot sauce, mozzarella, and salsa. Mix.
- Add cooked vegetables to the egg mixture, and pour into the pie crust.
- Place pie crust on a baking sheet for easier handling, and bake in the preheated oven for 60 minutes.

Note: if adding sliced tomatoes, add them about  $\frac{3}{4}$  of the way through the cooking time so they do not sink too much.

## Nutrition Facts

Servings 5.0

Amount Per Serving	
calories 458	
% Daily Value *	
Total Fat 28 g	44 %
Saturated Fat 12 g	58 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 223 mg	74 %
Sodium 636 mg	27 %
Potassium 191 m g	5 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 8 g	30 %
Sugars 2 g	
Protein 12 g	23 %

Vitamin A	12 %
Vitamin C	11 %
Calcium	4 %
Iron	7 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.