

Crustless Zucchini Quiche



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Quiche

This crustless zucchini quiche would be a delicious addition to a weekend brunch, a fabulous make-ahead Meatless Monday dinner, or a yummy lunch to pack for the work week!

Ingredients

- 2 medium zucchini, sliced thin
- 1 onion, chopped
- 1 small container (15oz) of part skim ricotta
- 3 eggs
- 1 cup of shredded mozzarella
- 1 tablespoon of butter flavored olive oil, regular olive oil, or ghee
- dash of black pepper

$\frac{1}{2}$ teaspoon of dried basil
 $\frac{1}{2}$ teaspoon of dried oregano
olive oil cooking spray

Method

1. Preheat oven to 350 F.
2. Sauté zucchini in oil or ghee until soft on low heat.
3. Add onions and cook on med/low heat for an additional 10 minutes or until tender. Add seasoning and pepper to zucchini mixture.
4. Beat eggs, then add in ricotta and mozzarella. Carefully fold in zucchini and onions. Spray a pie plate with cooking spray and fill with ingredients.
5. Cook quiche until it sets – about 30 minutes.

Source: 21 Day Fix (6 servings)