

Eggplant Red Pepper Quiche

- 1 c [spicy roasted eggplant](#)
- 1/2 c [roasted red peppers](#)
- 3 eggs
- 1/2 c skim milk
- 2 oz [Manchego cheese](#)
- sea salt and freshly ground pepper

Mix the eggplant, red peppers and just **1 oz** of the cheese in a round shallow casserole dish. Mix the eggs, milk, salt and pepper in a small bowl. Add the egg mixture to the casserole dish.

Top with the remaining oz of cheese.

Bake at 350 for about 30 minutes until golden brown. Serve hot or cold with a side salad.