

Layered Roasted Veggie Quiche

Roasted Veggies

- 1 small cauliflower, halved and sliced 1/4-inch thick
- 3 small zucchini, thinly sliced lengthwise
- 4 ripe plum tomatoes, cored, sliced
- 1/3 red onion, thinly sliced
- olive oil spray
- sea salt

Preheat oven to 420F. Roast veggies for about 30 minutes, on several pans, in single layers, with a little olive oil and sea salt. Flip after 15-20 minutes and remove any cooked vegetables at that time. When all vegetables are ready, chop up any cauliflower stems that remain firm.

Layered Roasted Veggie Quiche

- 10 eggs
- 1 c each skim milk, 2% Greek yogurt, grated mozzarella, grated parmesan, homemade breadcrumbs
- 2 T Dijon mustard
- 3/4 t sea salt
- 1/2 t dried thyme
- freshly ground black pepper
- 3-4 scallions, thinly sliced
- roasted veggies

Preheat oven to 420F.

Lightly butter or oil a 9x13-inch baking dish.

In a large bowl, whisk eggs, milk, yogurt, mustard, salt, pepper and thyme.

Layer cauliflower and zucchini on the bottom of the baking dish, reserving a few attractive pieces for the top layer. Sprinkle on 1/3 of the mozzarella, parmesan, scallions and breadcrumbs.

Layer on the tomato and onion, reserving a few attractive pieces for the top layer. Sprinkle on 1/3 of the mozzarella, parmesan, scallions and breadcrumbs.

Layer on remaining vegetables. Top with mozzarella, parmesan, scallions and breadcrumbs.

Reduce heat to 350F and bake for 30 minutes or until set, golden and bubbly. Serve with green salad. Serves 8-10 as a main, twice as many as part of a brunch spread.

Jittery Cook