



QUINOA QUICHE

MAKES 6 SERVINGS

Ingredients:

For the crust

- 1 c cooked quinoa
- 1 egg, beaten

For the egg filling

- 5 eggs, beaten
- ½ c milk
- ½ c crumbled feta cheese (or other type of crumbled or shredded cheese)
- 1 c chopped fresh baby spinach
- 2 diced Roma tomatoes
- Ground pepper to taste
- Salt to taste

Directions:

Preheat the oven to 375 degrees. Combine cooked quinoa and beaten egg in a bowl then transfer and press into a lightly oiled 9-inch pie plate or square pan to form the crust. Bake in the oven for 10 minutes. In a bowl, whisk eggs and milk. Mix in feta cheese, spinach, tomatoes, salt and pepper. Remove crust from oven and pour the egg filling over the crust. Return to oven and bake for an additional 20 minutes, or until eggs are firm and thoroughly cooked.

Add additional chopped vegetables and fresh herbs as desired. Onions, bell peppers, broccoli, and fresh basil are good choices.