

GF Friendly

Broccoli and Cheese Crust-less Quiche

oven-baked quiche without a pastry base

There are probably hundreds of versions for this recipe. I used the simplest which took no time at all and was really tasty. The broccoli can be partially cooked first, but mine went into the pie dish raw – not out of choice; I just forgot. As it happened, I'm glad I did because the baking was enough and the vegetable retained some of its crunch.

- 2 cups broccoli florets
- 1 cup grated cheddar cheese
- 4 large or 6 small eggs
- ¼ cup milk
- A pinch of cayenne pepper
- A shake of salt and pepper (optional)
- Oil or margarine for greasing



Divide the broccoli in small florets, wash and drain. Coat a 23 cm (9 inch) pie dish with a little oil – I used a spray oil. Beat the eggs and milk in a bowl, adding salt and pepper if used; plus a pinch of cayenne pepper to bring out the flavour of the cheese. Arrange the broccoli florets in the dish; then sprinkle on the grated cheese evenly. Pour on the beaten egg.

Bake on 162°C fan-forced (180°C conventional) for about 30 minutes, or until golden brown.

Serves 2 to 4 with salad and French fries

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