

Crustless Garden Quiche

Kathy Ikeda, MG

- 1 tsp. and 1 Tbs. olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 5 cups kale, chopped
- 1/2 tsp. kosher salt
- 1 cup diced tomato
- 1/2 cup shredded carrots
- 5 to 6 eggs
- 3/4 cup whole milk
- 4 oz. Pepper Jack cheese, grated
- 3 oz. cheddar cheese, grated



Preheat oven to 350°.

1. Grease a 9-inch pie or quiche dish with 1 tsp. olive oil.
2. Heat 1 Tbs. olive oil in a skillet over medium heat; sauté onion and garlic in oil for 2 to 3 minutes.
3. Add kale and salt; cook, stirring occasionally, until kale is wilted, about 5 minutes.
4. Add tomato and carrots cook for 5 more minutes.
5. Remove skillet from heat. Whisk eggs and milk together in a bowl.
 6. Stir cheeses and kale mixture into egg mixture; pour into the prepared pie or quiche dish.
6. Bake until quiche is set in the middle and a toothpick inserted in the center comes out clean, about 50 minutes.
7. Cool in dish for 2 to 3 minutes before slicing.