



Healthy Food, Healthy Families
EENEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Spiced Veggies and Beans Quiche

Quiche is a French word that might as well mean “tasty,” but actually means a baked main dish pie that contains eggs and milk. This crustless recipe offers choices for the veggies and spices to use.

Ingredients (Makes 4 servings)

1/2 cup finely chopped onion
1 cup shredded carrots OR chopped green leafy vegetables of your choice
2/3 cup cooked pinto OR black beans
1 1/2 teaspoons curry OR chili powder
4 eggs
2/3 cup fat-free milk
3/4 cup shredded mozzarella cheese



Directions

1. Spray a 9-inch round baking pan and a skillet with nonstick cooking spray.
2. Heat oven to 300 degrees F.
3. Over medium heat, place the first 4 ingredients into the skillet and cook for 10 minutes, or until onions are softened.
4. Press vegetables into the baking pan.
5. Use a fork to beat eggs and milk in a bowl.
6. Pour the mixture over the vegetables.
7. Bake for 25 minutes.
8. Top with cheese and bake for 15 more minutes, or until firm.
9. Serve hot.
10. Cover and refrigerate, or freeze, leftovers within two hours.

Nutrition Facts per serving: 210 calories, 9g fat, 4g saturated fat, 0g trans-fat, 200mg cholesterol, 250mg sodium, 16g carbohydrate, 4g dietary fiber and 16g protein. Daily Values: 100% vitamin A, 6% vitamin C, 25% calcium, 10% iron.



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