Zucchini, Spinach, Sweet Onion and Bell Pepper Quiche
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(Serves 4-6)

Ingredients:

- ¾ cup zucchini, chopped
- 1 cup fresh spinach
- ¾ cup sweet Vidalia onions, julienned
- ¾ cup mixed bell peppers, chopped (orange, red and green) (fresh or frozen)
- 2 tbsp olive oil
- ½ cup shredded cheese of your choice
- 1 tsp kosher salt
- ½ tsp crushed red pepper (dried) (optional)
- 3 large eggs or egg substitute
- 1 tbsp nutritional yeast
- ½ tsp black pepper
- ¼ cup low-fat milk
- ¼ cup feta cheese
- 1 tsp Parmesan cheese
- 1 pie crust (store bought [choose one that does not use Lard as an ingredient] or make from scratch)

Directions:

1. Preheat oven to 400°F.
2. In a large skillet sauté all veggies and red pepper flakes in olive oil on low until soft and brown.
3. Put pie crust in oven for about 10-15 minutes until slightly golden and remove.
4. In a separate bowl mix eggs, kosher salt, milk, black pepper, yeast and cheeses together.
5. Pour vegetable mix into pie crust and then pour over the egg mixture.
6. Put in oven and bake on 350°F for about 20 minutes or until fork is inserted and comes out clean and crust is golden brown.
7. Slice into 4-6 slices and serve hot.