

SUMMER GARDEN CRUSTLESS QUICHE

(from Allrecipes.com)

INGREDIENTS:

1 teaspoon olive oil, or as needed to grease pan
1 tbsp. olive oil (or try one of [Healthy Delights oils](#))
1 yellow onion, minced
3 cloves garlic, minced
5 cups chopped kale (use less if you want a fluffier quiche)
1/4 tsp. kosher salt
2 grinds fresh black pepper, or to taste
1 cup diced tomato
1/2 cup shredded carrots
5 eggs
3/4 cup whole milk
7 1/2 ounces shredded cheddar cheese
1/4 c. chopped flat leaf parsley

DIRECTIONS:

- > Preheat oven to 350°. Grease a 9 inch pie dish with the 1 teaspoon olive oil.
- > Heat 1 tbsp. olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until garlic is fragrant, 2 to 3 minutes. Add kale, salt and pepper; cook, stirring occasionally, until kale is wilted, about 5 minutes. Stir tomato and carrots into kale mixture; cook for 5 more minutes. Remove skillet from heat.
- > Whisk eggs and milk together in a bowl. Stir Cheddar cheese, kale mixture, and parsley into egg mixture; pour into the prepared pie dish.

Bake in the preheated oven until quiche is set in the middle and a knife inserted in the center comes out clean, about 50 minutes. Cool in pie dish for 2 to 3 minutes before slicing.