

# Cauliflower No-Crust Quiche

## INGREDIENTS

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika

## DIRECTIONS

1. Preheat oven to 375°F. Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
2. In a small bowl, beat eggs, salt and milk with a whisk.
3. Remove dish from oven with mitts and spread cauliflower and cheese evenly. Pour egg mixture over cauliflower, onions and cheese. Sprinkle with paprika.
4. Bake for 30 minutes, until cauliflower is cooked and casserole is golden brown.



*Recipe courtesy of  
Academy of Nutrition & Dietetics*

**Serves: 4 | Serving size: 1 slice**

**Nutrition Information:** Calories: 203; Total Fat: 14g; Saturated Fat: 6g; Cholesterol: 282mg; Sodium: 492mg; Total Carbohydrate: 7g; Dietary Fiber: 1g; Sugars: 4g; Protein: 13g