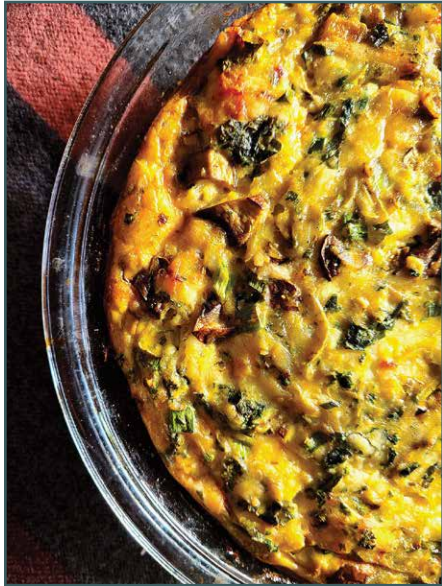




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## CRUSTLESS VEGETABLE CHEDDAR QUICHE

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### Ingredients

3 tbsp oil	½ cup plant or dairy milk
¼ cup diced onion	1 tbsp flour or potato starch
1 cup grated potato	2 tbsp minced garlic
1 cup grated hard cheese	1 tsp parsley
¾ cup chopped mushrooms	½ tsp thyme
¾ cup chopped kale or spinach	¼ tsp paprika
½ cup chopped green onions	¼ tsp nutmeg
6 eggs	¼ tsp salt
	¼ tsp ground pepper



### Instructions

Servings  
6

Prep Time  
25 mins

Stove Time  
20 mins

Bake Time  
45 mins

Total Time  
1.5 hours

1. Prepare the main ingredients:
  - Peel and grate the potatoes, then use a cheesecloth or your hands to squeeze the excess moisture out of the grated potatoes.
  - Grate the cheese, clean and chop the mushrooms, dice the onion, de-spine and chop the kale (or just chop your spinach), measure out the herbs and seasonings, mince the garlic, and crack and beat the eggs.
2. Preheat the oven to 350 ° F.
3. Add 1 tbsp oil to a frying pan over medium-high heat. Once hot, add the onions. Caramelize the onions for about 5 minutes, until brown.
4. Add the grated potatoes and another 1 1/2 tbsp oil. Pan fry for 10 minutes, or until the potatoes start to brown around the edges and turn translucent. Remove from the heat and let cool for five minutes.
5. Add all the ingredients for the quiche together into a mixing bowl and stir.
6. Lightly oil the pie plate with the remaining 1/2 tbsp of oil. Pour the filling into the pie plate.
7. Bake for 45 minutes at 350 ° F. Once fully baked, remove the quiche from the oven. Serve immediately, or store it in the fridge and reheat it later.