



Let's cook something delish!

# Cauliflower No-Crust Quiche

4 servings

Serving size: 1 slice

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## Ingredients

- 2 t. olive oil
- ½ c. chopped onions
- 5 large eggs
- ½ c. low-fat milk, rice milk or soy milk
- ½ t. salt
- 1 ½ c. chopped cauliflower
- ½ c. shredded low-fat cheddar cheese
- 1 t. 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.

Broccoli can be used as a substitute for cauliflower.

Find more delicious recipes at [hally.com/category/food-cooking](https://hally.com/category/food-cooking). Yum!

Calories: 203, Total fat: 14 g, Saturated fat: 6 g, Cholesterol: 282 mg, Sodium: 492 mg, Total Carbohydrate: 7 g, Fiber: 1 g, Total Sugars: 4 g, Protein: 13 g

Source: eatright.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.