Zucchini Quiche Italiano

Serves 6

Ingredients

- 2 cups zucchini or other summer squash, thinly sliced
- 1 cup onion, thinly sliced
- 1 garlic clove, minced
- 3 Tbsp olive oil
- 2 tsp salt
- 2 fresh tomatoes, peeled and chopped
- 1 cup tomato sauce
- 1/4 tsp oregano
- 1/4 tsp tarragon
- 2 cups cottage cheese (small curd)
- 3 eggs
- 3/4 cup milk
- 1/2 cup mozzarella cheese, grated
- 1 (10-inch) pie crust

Instructions

1. Sauté squash, onion, and garlic in olive oil. Season with salt. Remove from heat.
2. Simmer tomatoes, tomato sauce, oregano, and tarragon until tomatoes are soft.
3. Mix together the cottage cheese, eggs, and milk until well combined.
4. Place squash mixture in pie shell. Add egg mixture and 4 Tbsp of the tomato sauce.
5. Bake 35 minutes in a preheated 350°F oven.
6. Sprinkle grated mozzarella cheese on top and return to oven until cheese melts.
7. Serve quiche with remaining tomato sauce.

Microwave Method

1. Place butter in a flat 1 1/2-quart microwave-proof dish. Heat on high until melted.
2. Stir in onion and zucchini. Cover with plastic wrap.
3. Microwave on high for 6 to 7 minutes or until tender, stirring after 4 minutes.
4. Pour egg mixture over vegetables. Sprinkle with remaining cheese.
5. Cover with paper towel. Microwave on medium for 8 to 10 minutes or until firm.

ZUCCHINI QUICHE ITALIANO

- 2 cups zucchini or other summer squash, thinly sliced
- 1 cup onion, thinly sliced
- 1 garlic clove, minced
- 3 tablespoons olive oil
- 2 teaspoons salt
- 2 fresh tomatoes, peeled and chopped
- 1 cup tomato sauce
- ¼ teaspoon oregano
- ¼ teaspoon tarragon
- 2 cups cottage cheese (small curd)
- 3 eggs
- ¾ cup milk
- ½ cup Moazzarella cheese, grated
- 1 (10-inch) pie crust

Saute squash, onion and garlic in olive oil. Season with salt. Remove. Simmer tomatoes, sauce, oregano and tarragon until tomatoes are soft.

Mix well the cottage cheese, eggs and milk. Place squash mixture in pie shell. Add egg mixture and 4 tablespoons tomato sauce. Bake 35 minutes in preheated 350-degree oven. Sprinkle grated Mozzarella cheese on top and return to oven until cheese melts. Serve quiche with remaining tomato sauce. Serves 6.

To make in the microwave oven: Place butter in a flat 1½-quart microwave-proof dish. Heat on high until melted. Stir in onion and zucchini. Cover with plastic wrap. Microwave on high for 6 to 7 minutes or until tender. Stir after 4 minutes. Pour egg mixture over vegetables. Sprinkle with remaining cheese. Cover with paper towel. Microwave on medium for 8 to 10 minutes or until firm.

recipecardarchive.com | RCA0006-20260609-0237



recipecardarchive.com | RCA0006-20260609-0237