

# Zucchini Quiche

---

## Ingredients:

### ▪ Easy Cheesy Pie Crust

- 3 tablespoons grated Parmesan cheese
- 1 teaspoon flour
- 1 (9 inch) Pillsbury Read to Roll Pie Crust

### ▪ Zucchini Filling

- 2 teaspoons extra virgin olive oil
- 2 medium zucchini, grated (grate only the flesh of the zucchini and discard the seeds and core)
- 1 small onion, halved and sliced thin
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 cup chopped fresh basil
- 1 1/2 teaspoons all-purpose flour

### ▪ Custard

- 2 large eggs
- 1 cup heavy cream
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup shredded fontina cheese (if you cannot find fontina cheese, monterey jack is a good substitute)



## Directions:

### ▪ Pie Crust

1. Combine Parmesan cheese and flour. Sprinkle half of Parmesan mixture over one side of dough and gently roll mixture into dough with rolling pin. Flip dough and repeat with remaining Parmesan mixture. Roll dough out into 12 inch circle.

2. Move dough to 9 inch pie plate, gently pressing into corners to secure and fluting edges as desired. To prevent shrinkage, refrigerate dough for 20 minutes, then transfer to freezer for 10 minutes.
3. Spray two 12 inch square pieces of foil lightly with cooking spray and arrange, grease-side down, in chilled pie shell. Top with pie weights and fold excess foil over edges of dough. Bake on lower-middle rack at 375 degrees until surface of dough no longer looks wet, about 20 minutes. Carefully remove hot weights and foil and continue to bake (uncovered) until just golden, about 5 minutes. Let cool for 15 minutes before proceeding with recipe.

#### ▪ **Filling**

1. Adjust oven rack to lower-middle position and heat oven to 350 degrees.
2. Heat oil in large skillet over medium-low heat until shimmering. Add zucchini, onion, garlic, and salt and cook, covered, until vegetables are tender and have released their liquid, about 6 minutes. Uncover and cook until bottom of pan is dry, about 3 minutes.
3. Transfer zucchini mixture to bowl and let cool 5 minutes. Toss with basil and flour until combined.

#### ▪ **Custard**

1. Whisk eggs, cream, nutmeg, salt, and pepper in large bowl.
2. Stir in zucchini mixture and cheese and pour into pie crust.
3. Bake until crust is golden brown and center of quiche is just set, 30 to 35 minutes. Cool on wire rack for 15 minutes. Serves 8.

The quiche will keep in the refrigerator for up to 3 days. Bring to room temperature or reheat before serving.

### **Alternate Preparation: French Leek and Goat Cheese Quiche**

- Substitute 1 1/2 pounds thinly sliced leeks (about 5 medium, white and light-green parts only) for zucchini and onion.
- Substitute 1 tablespoon minced fresh thyme for basil.
- Substitute 1/2 cup crumbled goat cheese for fontina.