

Savory Zucchini Quiche

Ingredients

- 1 frozen pie crust, thawed
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/2 tsp Live by Heart™ Artisan Spice Blend
- 2 cups thinly sliced onions
- 2 cups thinly sliced zucchini
- 6 eggs
- 1 cup 1/2 and 1/2 cream
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 4 ounces shredded swiss cheese



Directions

- Preheat oven to 375
- Heat oil and butter in large sauté pan.
- Add onions and zucchini and cook until brown and softened, stirring occasionally.
- Add the Spice Blend at the end and heat up with the vegetables to bloom flavors.
- Set aside to cool a little.
- In a bowl, whisk together eggs, cream, mustard, and salt.
- Sprinkle the grated cheese over the bottom of the crust.
- Spread the onion-zucchini mixture over the cheese.
- Pour the egg mixture over the vegetables.
- Bake for 45 minutes or until it is set, and crust is browned.
- Cool 10 minutes before cutting and serving.

Servings 4

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	587
% Daily Value*	
Total Fat 44.7g	67%
Saturated Fat 17.6g	88%
Cholesterol 309mg	103%
Sodium 746mg	32%
Total Carbohydrate 27.6g	10%
Dietary Fiber 2.2g	8%
Total Sugars 5.7g	
Protein 20.5g	
Vitamin D 40mcg	198%
Calcium 353mg	27%
Iron 2mg	13%
Potassium 457mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**