

PREPARATION: **15** MINUTES

COOKING: **60** MINUTES

4 SERVINGS

SWEET CORN AND ZUCCHINI QUICHE



INGREDIENTS

1 frozen deep-dish pie shell, 9-inch diameter

1 tablespoon olive oil

½ cup red onion, sliced in rounds and separated

1 cup corn, frozen

1½ cup zucchini, sliced in rounds

3 eggs

½ cup milk

¼ cup goat cheese

3 tablespoons fresh basil, chiffonade*

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

1 Protein+2 Starch+1 Vegetable

Calories	344Kcal
Protein	12g
Carbohydrates	31g
Fibre	2.4g
Total Fat	20g
Saturated Fat	6g
Cholesterol	151mg
Sodium	262mg
Potassium	366mg
Phosphorus	184mg

* A chopping technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips.

PREPARATION

- 1 Preheat oven to 400°F. Bake frozen pie shell for approximately 15 minutes or until lightly browned.
- 2 Remove the pie shell from the oven and reduce oven temperature to 350°F.
- 3 Heat the olive oil in a skillet over medium-high heat. Sauté onion, corn, and zucchini until cooked. Remove from heat.
- 4 In a mixing bowl, whisk together eggs and milk.
- 5 Spread the cooked vegetable evenly in the cooked pie shell. Sprinkle with goat cheese and basil.
- 6 Pour the egg and milk mixture on top.
- 7 Place quiche on a baking sheet pan and bake for approximately 35–40 minutes or until the quiche is firm to the touch. Serve warm.