

Cauliflower quiche

Recipe courtesy of Siobhan at Bluewater State School



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Total time: 50 min

Preparation: 10 min

Cooking: 40 min

Created by: QAST

Serves: 12

Category: Cold Meals

Level: Easy

Ingredients

- 1 each whole cauliflower
- 1 each carrot
- 1 each zucchini
- 0.5 cup low fat cheese
- 5 each eggs

Recipe

1. Process cauliflower until it resembles rice, or grate if you don't have a food processor
2. Grate carrot and zucchini
3. Mix all ingredients in a large bowl
4. Pour into prepared tin and bake for 40mins at 180 degrees, or until golden brown.

Full description

Cauliflower quiche served with Rainbow salad

Variations

www.emenu.qast.org.au

May also bake in a muffin tin for individual serves (cooking time 20-25mins)

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