

Spaghetti Squash Crust Quiche

Ingredients

13 ounces, asparagus (or other fresh vegetables: mushroom, spinach etc.)
½ small yellow onion
2 cloves garlic
1 teaspoon olive oil
5 eggs
1 cup milk
1 cup swiss cheese
½ teaspoons salt
¼ teaspoons pepper
3 cups cooked spaghetti squash (1 small squash)



Instructions

1. Preheat oven to 400°F.
2. Slice the squash in half and scoop out seeds. Place it face down and bake in the oven for about 20 minutes or until tender.
3. Scrape the inside of the squash with a fork and put “spaghetti” like strands into a bowl and set to the side.
4. Snap off the woody ends of the asparagus. Chop the onion, mince the garlic, and cut the asparagus spears into 1-inch pieces. Heat the olive oil in a pan over medium heat, and saute onion and garlic for several minutes, until the onion is soft. Add the asparagus and continue to saute until the asparagus has turned bright green and is soft but not limp.
5. Whisk together the eggs, milk, cheese, salt, and pepper.
6. Grease a pie pan. Press the cooked spaghetti squash to the sides and bottom of the pan, forming an even crust. Pour the egg mixture into the pan. Add the asparagus, onion, and garlic on top of the egg mixture; be sure it sinks in.
7. Bake for 40 minutes until quiche is firm. Enjoy!

Source: Victoria Bu ergi, Laboratory Technologist