

LOW-CARB CRUSTLESS QUICHE



This very delicious quiche is about 2 carbs (depending on your ingredients) and full of flavour! Without the calories and carbs from traditional crust, this recipe has a nice crisp crust you'll love.

If you aren't on a low-carb or a Keto diet and just want to make this dish because it's so easy, try adding a 1/4 cup of regular flour for the same effect.

Ingredients

- 2 large eggs, beaten
- 1 cup cooked ham diced (or sub with another veg or meat alternative)
- 1/2 cup chopped broccoli
- 1/2 cup diced zucchini
- 1 cup cheddar cheese shredded

- 1 green onion - diced
- 8 large eggs
- 1/3 cup heavy cream
- 1/4 cup of almond flour
- 2 tbsp coconut flour (optional)
- 1/2 teaspoon dry mustard
- 1 tsp tarragon
- 1 tbsp chopped chives
- 1 minced clove of garlic
- salt & pepper to taste

Directions

1. Preheat oven to 375°F.
2. Grease a 9" pie plate - I used Pam spray.
3. Combine all veg, ham and cheese in pie plate.
4. Whisk eggs, cream, flours and seasonings. Pour over ham mixture.
5. Bake uncovered 60-75 minutes or until a knife inserted in the centre comes out clean.
6. Let sit for 10 minutes to allow ingredients to settle.
7. Serve with a tossed oil and vinegar salad.