

Recipe For: Veggie Quiche



Ingredients:

3 - 4 c Fresh Vegetables
(String beans, cauliflower,
broccoli, tomato, pepper,
spinach, etc.)
½ Onion, chopped small
2 Cloves Garlic, crushed
1 c Shredded Cheese
(cheddar, Swiss, etc.)
½ c Milk
¾ c Bisquick
3 eggs
Salt/Pepper

Directions:

Chop vegetables into bite sized pieces and fully cook. Sauté onion and garlic in butter or oil until tender. Butter the bottom of a pie dish. Add cooked vegetables, onions, garlic and cheese. In separate bowl whisk milk and eggs and then whisk in Bisquick thoroughly. Pour over vegetable mix in pie dish and bake in oven for 35 - 45 min at 400°F. Knife should come out clean when done.



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Recipe For: Veggie Frittata

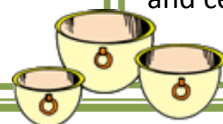


Ingredients:

1 lb. Vegetables (one kind
or mix of asparagus, tomato,
broccoli, cauliflower, pepper...)
2 tbsp. Olive Oil
1 tsp. Garlic Chopped
6 Eggs
¼ c Milk
¾ c Feta Cheese
¼ c Parmesan

Directions:

Chop vegetables into bite-sized pieces. Sauté vegetables in oil. Beat eggs, milk, and Parmesan cheese separately. Lay vegetable mixture in bottom of 8 x 8 glass baking dish. Sprinkle garlic and feta cheese on top. Pour egg mixture over it all and bake on 350 until eggs are golden brown on top and center is firm.



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