

CRUSTLESS LOW-CARB QUICHE

Ingredients

- 6 large eggs
- 1 1/2 cup milk
- 1 1/2 cup grated cheese (cheddar cheese, Swiss cheese, or mozzarella)
- 1 lb. bacon

- 1 red onion (chopped)
- Handful of fresh spring onions (chopped)
- 1 tsp. ground nutmeg
- Salt & pepper to taste

Directions

- Preheat your oven to 375F (190°C). Grease a 9 inch (23 cm) tart pan with butter and set aside.
- Prepare all of the ingredients for the quiche. Chopping all of the fillings like the bacon and onions makes this recipe a breeze to put together.
- Combine the milk and eggs in a large mixing bowl. Whisk together well.
- Add the fillings for your quiche to the bowl: the chopped red and green onions, sliced bacon, nutmeg as well as salt and pepper to taste. Mix well.
- Pour into the prepared tart pan. Stir the ingredients around if necessary to spread them evenly throughout the tart pan.
- Bake the quiche for 45 - 50 minutes until golden and set. Remove from the oven and allow to cool for at least 30 minutes before slicing and serving.

Source: diabetesstrong.com

WRH PHYSICIANS, INC.
■ ■ ■