



CHEESY CRUSTLESS QUICHE WITH PAN-ROASTED POTATOES

FAST. EASY. FRESH.

1. Preheat your oven to 375°F. Spray a small baking dish (8x8-inch works great!) with non-stick cooking spray. Prep your ingredients. Roughly chop the **baby spinach**, de-seed and finely dice the **mini peppers**, and de-seed and dice your **tomato**. Grate the **mozzarella**.

2. In a medium bowl whisk together your **eggs**, **milk** and **cream** and then season generously with **salt** and **pepper**. Pour into your prepared baking dish.

3. Sprinkle the **cheese** evenly over the egg mixture then layer on the **mini peppers**, **baby spinach** and **tomato**. Bake in the oven for 23-25 minutes, until golden brown around the edges and firm in the center.

4. Meanwhile, make your potatoes. Cut the **potatoes** into small, bite-sized pieces. Place into a large pot and then add water until it just covers the potatoes. Bring to a boil and cook the potatoes for 5 minutes. Drain and give them a good rinse.

5. Heat the **oil** in a large pan over medium heat. Add your **potatoes**, **seasoned salt**, and a good pinch of **salt** and **pepper**. Cook, stirring every now and then, until the potatoes begin to brown and are fork tender, about 5-8 minutes.

6. To serve, cut the quiche into wedges and serve alongside your potatoes. Enjoy!

Ingredients (2 Servings – 610 Calories Per Serving)

Large Eggs	4
2% Milk	½ Cup
Half and Half Cream	¼ Cup
Mozzarella Cheese	60 g
Baby Spinach	20 g
Mini Peppers	2

Roma Tomato
Russet Potatoes
Seasoned Salt
Olive Oil
Salt and Pepper

1
2 Medium
1 tsp.
2 Tbsp.
To taste



40 Minute
Cook
Time!