

ZUCCHINI QUICHE RECIPE

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Follow our easy, step-by-step, photo illustrated instructions to learn how to make this quick Zucchini Quiche. Printable recipe included.



Zucchini Quiche may not be a real Southern style dish, but it's too good not to enjoy it. Perfect for breakfast or any time of the day. Serve it with some fresh fruit for a complete meal.

Here's a quick and easy recipe for breakfast, or any time of the day actually. It only takes a few minutes to assemble, then about 40 minutes to bake. Perfect for a Saturday or Sunday morning breakfast at home.

My cousin Thelma Kay shared this recipe with me recently and said it was a favorite from her kitchen.

Cousin Kay has been the main organizer for our annual Cousins Reunions that we've been having for the past number of years. She coordinates everything together, sends out the Newsletters and updates to remind everyone about the event, then shows up first to get everything set up for the

day. She's also usually the last one to leave. We'd never have a Cousins Reunion without all of her hard work. Thank you Cuz.

I doubt my Mother ever even heard of quiche let alone made one. I certainly don't have any early childhood memories of such. But, change it's French name of quiche to something like "egg bake," and we could easily call it Southern I suppose. Smile.

To my own knowledge, this was actually the first time I'd ever tasted a quiche, let alone bake one myself. I'd certainly read a lot about them, but I'd never made one. I can see lots of possibilities for such a dish though. Lots of opportunities to add in some of your favorites, like sausage, cheese, and bacon. Sound good?

So, Thank You to my Cousin Kay for sharing her recipe.

Ready to give it a try? Alright then, let's head on out to the kitchen, and... Let's Get Cooking!

Zucchini Quiche Recipe – You'll need these ingredients.

PLUS, you'll also need one deep dish pie crust. You can make your own, or use store bought. We're actually keeping it simple with this recipe and using a store bought crust.

Let's get started by prepping our veggies. Begin by chopping your basil.

Dice the onions.

Grate the zucchini. I did this right on top of a paper towel.

We want to remove as much water as possible from the zucchini. Spread it out over the paper towel.

Place another layer of paper towels on the top, then press firmly to remove the water.

I ended up rolling the paper towels together and squeezing the zucchini between both hands. You'll be surprised how much water comes out. Just be sure you don't leave any paper mixed in with the squash when you open the towels. Smile.

Place a skillet over Medium heat on your stove top. Add the drained zucchini and the diced onions to the pan.

Stirring often, let this cook until the onions are tender. Remove from heat and let cool.

Place the five eggs in a mixing bowl. Lightly beat the eggs.

Add the cream to the lightly beaten eggs. Mix again to combine.

Add the chopped basil to the mixture.

Add the paprika.

Add just a pinch or so of the nutmeg.

Add a dash of salt. Stir well.

Add the cooled zucchini and onions to the bowl. Stir again until fully combined.

Prepare your crust.

Most pie crusts that will be accepting a very wet mix or filling are usually pre-baked before adding the filling. Cousin Kay's recipe didn't call for doing that, so I just proceeded with the recipe.

Pre-baking will keep the bottom of the crust from being soggy. If you're concerned about that, check the packaging for your crust. They usually include instructions for how to do such.

Add the filling to the pie crust.

Being careful not to spill the ingredients, place your quiche in an oven that has been pre-heated to 350F degrees.

Let the quiche bake for about 20 minutes, then place a pie shield over the crust to keep the edges

from burning. If you don't have a store bought pie shield, use strips of aluminum foil lightly placed around the edges of the crust.

It's an extra step, but the results of not having a burned crust will be well worth it. Smile.

Let the quiche bake for a total of 40-45 minutes, or until done. As you would do with most pies, you can insert a wooden toothpick into the center. If it pulls out dry and without crumbs, your pie/quiche is done. If it's a bit wet, let the pie/quiche bake for a few minutes longer.

When it's done, remove the quiche from the oven and place on a wire rack to cool for about 10-15 minutes prior to serving.

Mine had risen a good bit in the middle, but it settled down as it cooled.

Enjoy!

Quiche can be served warm or cold, but I think you'll enjoy this one best if it's slightly warm. Serve it with some fresh fruit for a very nice and light breakfast, or enjoy it any old time of the day.