

Vegetable Quiche

Serves 6

Preparation Time 15 minutes

Cooking Time 40 minutes

Pastry:

85 g (1/3 cup) **Flora pro-activ spread**

1/2 cup self-raising flour

1/2 cup wholemeal plain flour

1 tablespoon chopped parsley

2 tablespoons cold water

Flora pro-activ spread, melted

Filling:

20g (1 tablespoon) **Flora pro-activ spread**

1 small onion, finely chopped

1/2 cup sliced mushrooms

1 zucchini, sliced

1 tomato, sliced

2 eggs

1/2 cup (125mL) reduced fat milk

1/2 cup grated reduced fat cheese

salad for serving



Pastry:

Place Flora pro-activ*, flours, parsley and water into a bowl and mix with a wooden spoon to form a ball. (If too dry add a little more water, if too wet, add a little more flour.)

Lightly brush a 23cm flan tin with melted Flora pro-activ*.

Line flan tin with pastry by taking small amounts of pastry and pressing it evenly over the base and sides of the tin. Place in the refrigerator while preparing the filling.

Filling:

Heat Flora pro-activ* in a non-stick frying pan over a medium heat. Add onion, mushrooms, zucchini and cook, stirring constantly, for 5 minutes, cool.

Place flan tin on a baking tray and spread cooked vegetable mixture over the base. Arrange slices of tomato over the vegetables.

Place eggs in a bowl and whisk until creamy. Add milk and cheese, mix until well combined and pour over the vegetables in the pastry case.

Bake on the middle shelf of the oven at 200°C for 15 minutes. Reduce the oven temperature to 180°C and bake for a further 20-25 minutes. Quiche is cooked when the filling is set and the pastry is golden brown.

Hint: Serve hot or cold, with a green salad.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	556	1281
Protein (g)	4.4	10.1
Total Fat (g)	8.7	20.0
Sat. Fat (g)	2.3	5.4
Carbohydrate (g)	8.8	20.2
Total Sugars (g)	2.0	4.6
Dietary Fibre (g)	1.7	3.9
Sodium (mg)	179	411