

# Crustless Quiche and Variations



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

**Servings:** Serves 4 – 6

## **Ingredients:**

### For the crust

- 2 cups of super fine ground almond flour
- $\frac{1}{2}$  cup of butter, melted
- $\frac{1}{2}$  tsp of grated sea salt
- $\frac{1}{8}$  tsp of pepper (white if you have it)

### For the filling

- 1 Tbl of butter
- $1-\frac{1}{2}$  cups of asparagus tips and bits
- 1 bunch of green onions, diced
- 1 cup of sliced mushrooms
- Grated sea salt and pepper to taste
- $\frac{3}{4}$  cup of half and half
- 5 large eggs
- 1 pinch of nutmeg

- 1 pinch of cayenne (optional)
- 1 cup of shredded cheese (I used gruyere but you can also use swiss, fontina, white cheddar)

### **Instructions:**

Preheat oven to 350 degrees.

Mix almond flour, butter salt and pepper to form a ball. Gently press the dough into the bottom a bit up the sides of a 9" springform pan (or pie pan, or quiche dish).

Bake the crust for 10 minutes. The crust might get a bit puffy so if it does, gently take a spoon and tamp it back down. Put back in the oven for about 5 -8 more minutes or until it's lightly brown. Remove from oven.

In a sauté pan, melt the butter. Add the asparagus, onions and mushrooms. Saute on medium high until lightly crisp cooked. The onion will loosen and the mushrooms will give off their liquid. About 6 minutes. They will finish cooking when you bake the quiche.

In a blender or bowl, whisk the half and half, eggs, salt and pepper along with the nutmeg and cayenne.

Transfer the veggies to the pan and spread across the crust. Sprinkle in your cheese. Then pour the whipped egg mixture over the top.

Bake in your oven about 35 minutes. You know your quiche is done when you check it with a knife and the knife comes out clean. Let it cool on the stove/counter for 15 minutes to finish setting up the quiche.

You can serve warm, cold or room temperature.

### **Variations:**

You can use the recipe as a baseline and change up the veggies or other ingredients. Other things I recommend are broccoli bits, cooked bacon bits, pepperoni, bell pepper pieces, fresh spinach shreds, artichoke heart bits, and diced onion of any type. Use your imagination.

Enjoy!

Cheers,