

Linda Grabel's Zucchini Quiche

Ingredients:

2 lbs zucchini, trimmed
1 teaspoon salt
3 eggs
1 onion, minced
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon hot pepper flakes
7 oz. low fat cheese, grated (I use a 4 cheese blend, and if I have more zucchini, I use 8 oz.) garlic powder and pepper to taste

Preparation & Cooking:

1. Shred zucchini.
2. Mix with the salt and let stand in a colander over a large bowl for 30 minutes. Squeeze out any remaining moisture.
3. Preheat oven to 325 degrees.
4. Combine eggs, onion, basil, oregano, hot pepper, garlic powder, pepper and cheese.
5. Add shredded zucchini and mix well.
6. Pour mixture into a greased pie plate.
7. Bake for 25-30 minutes, until golden and well set. (May take longer than 30 minutes, depending on the oven)

May be served hot or cold. Serves 4