



Makes: 8 servings

Prep Time: 30 minutes Cook Time: 1 hour

Total Time: 1 hour & 30 minutes

Summer Vegetable Crustless Quiche

Ingredients

Quiche:

- 3 ears fresh corn
- 3/4 cup plain Greek yogurt
- 7 large eggs
- 1 tsp kosher salt
- 1 tbsp fresh thyme leaves
- 1 tbsp extra virgin olive oil
- 1 medium garlic clove, finely minced
- 2 small zucchini, diced
- 5 mini bell peppers, diced
- 1/2 tsp kosher salt
- 1/8 tsp freshly ground black pepper
- 4 slices bacon, cooked until crisp and crumbled
- 1 cup grated Parmesan cheese

Crispy Topping:

- 1 tsp butter
- 1 tsp extra virgin olive oil
- 1/3 cup panko breadcrumbs

Instructions

Preheat the oven to 350°F. Generously coat a 9-inch quiche or pie dish with cooking spray and spread it evenly with a paper towel.

Cut the kernels from the corn cobs and set aside.

In a blender, combine the Greek yogurt, eggs, and 1 teaspoon kosher salt. Blend until smooth, then stir in the fresh thyme.

Heat the olive oil in a large skillet over medium heat. Add the garlic and cook for about 30 seconds until fragrant. Stir in the zucchini, bell peppers, 1/2 teaspoon kosher salt, and black pepper. Cook for about 5 minutes, stirring occasionally. Add the corn and continue cooking for another 5 minutes, or until the vegetables are just tender. Stir in the cooked bacon and remove from the heat.

Using the same skillet, melt the butter with the olive oil over medium heat. Add the panko breadcrumbs and cook, stirring frequently, until golden brown, about 5 minutes. Remove from the heat.

Pour the egg mixture through a fine-mesh sieve into the prepared baking dish. Sprinkle the Parmesan cheese evenly over the eggs.

Spoon the vegetable mixture evenly over the cheese. Some vegetables will sink while others remain on top, creating a colorful presentation.

Bake for 30 minutes. Remove the quiche from the oven and sprinkle the toasted panko evenly over the top. Return to the oven and bake for an additional 10 to 15 minutes, or until the center is set and no longer jiggles when gently shaken.

If the topping begins to brown before the center is fully cooked, loosely tent the quiche with foil and continue baking until done.

Let the quiche rest for about 10 minutes before slicing. Garnish with additional fresh thyme, if desired.

Chef's Notes:

- Fresh corn gives the sweetest flavor, but frozen corn can be substituted when it's out of season. Thaw and drain it well before using.
- For a vegetarian version, simply omit the bacon.
- This quiche reheats beautifully, making it an excellent make-ahead breakfast or lunch.
- Store leftovers covered in the refrigerator for up to 4 days.
- Delicious served warm, at room temperature, or chilled.

Recipe inspired by The Cafe Sucre Farine