

Bacon and Veggie Quiche



Plan Z Phase: This is a Z2 (ZReduction) recipe

This a great, crustless quiche that can be eaten as a lunch or light dinner with Plan Z. It makes six servings, so you can take it to work and reheat it or some people like cold quiche.

Mix up the veggies. I did onions, spinach, and asparagus but you can also do bell peppers or other approved veggies. On ZReduction you are allowed one piece of bacon so this dish works because it's spread across six portions. You can also add other seasonings. If you put in a bit of cayenne it will be a bit spicier or you could add $\frac{1}{2}$ tsp of Italian seasoning or other options you enjoy. Even a meat rub works.

Servings: Serves 6

Ingredients:

- 5 pieces of bacon (find one with no sugar and no nitrates or nitrites if you can), cooked and chopped fine
- 5 eggs
- 3 egg whites (use the yolks for something else)
- $\frac{1}{4}$ cup of whipping cream
- $\frac{1}{4}$ tsp of ground mustard

- $\frac{1}{4}$ tsp of grated sea salt or to taste
- $\frac{1}{4}$ tsp of ground pepper or to taste
- $\frac{2}{3}$ cup of diced asparagus bits
- 1 cup of fresh baby spinach (just get it from the salad bar at the store so you don't have to buy a whole bag) Basically it's a handful.
- $\frac{1}{2}$ cup of chopped onion
- 2 small, ripe tomatoes (or Roma tomatoes will work too), sliced into quarter inch slices
- 2 Tbl of parmesan (caution if you are in ZReduction, but you should be fine unless you are sensitive to dairy)

Instructions:

Preheat oven to 400 degrees.

In a sauté pan, cook the bacon until crisp. Let it stand on paper towels to soak up the grease. Then chop finely. While the bacon is cooking you can get your egg mixture ready. In a medium bowl, add the eggs, whites, whipping cream and seasonings. You'll whip this right before you put it in the pan, so set aside for now.

Wipe out the bacon pan and put in the onions and asparagus. Cook them on medium just for a minute or two to loosen them up.

Now, assemble your quiche.

Spray your quiche pan with olive oil spray or coconut oil spray.

Then spread your spinach across the bottom.

Layer on the asparagus/onion or veggie combination.

Whip your egg mixture with an electric mixer for one minute to get it all mixed and fluffy. Gently pour it over the veggies. Balance your tomato slices over the egg mixture.

Bake in your oven for 25 minutes. Then check it. Just use your oven glove to nudge the quiche. If it seems pretty solid, you're ready to add the cheese. Bring the quiche out and gently sprinkle the quiche with cheese. It just gives it a nice earthy flavor. Put the quiche back in for 5 more minutes.

When it has a light brown topping in the open edges where you see the egg, it's done.

Let it sit for 5 minutes to firm up before you cut it. Slices should slide out easily and not fall apart. Just be careful with your spatula while you are taking it out. Work from the sides of the slices rather than the back of the quiche dish.

Enjoy!

Cheers,