



## CRUSTLESS CAULIFLOWER-RED ONION QUICHE

PREP TIME: 10 MIN | COOK TIME: 32 MIN | SERVES: 6-8

*Crustless quiche has become one of our favorite speedy suppers. This one features Roasted Lemon-Parmesan Cauliflower, but you can substitute 2 cups of any leftover cooked vegetables.*

1 red onion, thinly sliced (a small one)  
1 tablespoon extra virgin olive oil  
sea salt and freshly ground black pepper, to taste  
1/2 cup milk  
1/2 cup ricotta cheese  
4 large eggs  
2 teaspoons fresh thyme, minced  
cooking spray  
2/3 recipe Roasted Lemon-Parmesan Cauliflower (about 2 cups)  
2 tablespoons Parmigiano-Reggiano cheese, finely grated

Preheat oven to 400°F.

Peel and cut the onion into 1/4-inch-thick rings. Heat oil in a skillet over medium. Add onion and a pinch of salt, stirring to coat. Cook 5 minutes, stirring occasionally, or until onion has softened and started to take on some color. Set aside to cool slightly.

Whisk milk, ricotta, eggs, thyme, salt and pepper in a large bowl. Set aside onion "rings." Stir remaining onion and cauliflower into the egg mixture. Pour mixture into a 9-inch pie plate well coated with cooking spray. Arrange reserved onion on top. Sprinkle with Parmigiano-Reggiano. Bake 25-28 minutes, or until puffed, set in the center and golden brown.