

Roasted Vegetable Quiche

Yields 1 quiche (6 slices)

Crust

- 1 large sweet potato
- 1 teaspoon chopped rosemary

Filling

- 6 large eggs (or equivalent volume of vegan egg substitute)
- 1 medium sweet (bell) pepper
- ½ medium onion
- ½ head broccoli or cauliflower
- 2 oz (55 g) grated cheddar cheese (regular or vegan)
- 1 tablespoon chopped chive
- 1 teaspoon fine thyme leaves
- Slight dusting of nutmeg (drag nutmeg over a fine plane grater once)
- Salt to taste



Turn on oven to broil. Put sweet potato on to boil. Spray rimmed baking tray with coconut oil. Slice onion and sweet pepper into strips and cut broccoli/cauliflower into bite sized pieces. Spread vegetables in a single layer on baking tray, spray lightly with coconut oil and broil until slightly charred (8-10 minutes). Remove vegetables, stir in fine thyme leaves and set aside.

Set oven to bake at 425 °F (220 °C). When sweet potato is tender, peel and mash with rosemary. Spray baking dish with coconut oil then press mashed sweet potato into it to form the quiche crust. Beat eggs and brush the inside of the potato crust with some of the beaten eggs. Bake crust until golden (15-20 minutes). Add chive to eggs, then grate a slight dusting of nutmeg into eggs and beat to incorporate. When crust comes out of oven, reduce oven temperature to 350 °F (180 °C). Sprinkle the shredded cheese on the bottom of the crust, spread the roasted vegetables over the cheese. Pour egg mixture over the vegetables. Bake quiche for 40 minutes until quiche is set.