

Cauliflower & Broccoli Pie

2 large potatoes

1 tbsp oil

4 large eggs

1 cup ($\frac{1}{2}$ head cauliflower,
florets, steamed)

1 cup ($\frac{1}{2}$ head broccoli
florets steamed)

1 med. cooking onion
pepper

1 tbsp parsley

1 cup grated skim
moz. cheese

Grate potatoes & squeeze out
moisture. Grease quiche pan & line

with grated potato.

Bake 350° for 15 mins.

Saute onion - line partially
baked crust with cheese, add
vegs, pepper + parsley.

Pour beaten egg over evenly.

Bake 350° - 40 mins till brown



...y fills the ~~vegetarian~~ bill in easy, economical way as a meat alternative.