



RAINBOW QUICHE FILLING

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EACH BATCH MAKES FILLING FOR ONE QUICHE FOR 6 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Oil	1 to 2 tablespoons	2 to 4 tablespoons	3 to 6 tablespoons	1/4 to 1/2 cup
Small onion, diced	1 (about 1 cup)	2 (about 2 cups)	3 (about 3 cups)	4 (about 4 cups)
Diced fresh mushrooms	1 cup	2 cups	3 cups	4 cups
Small green bell pepper, seeded and diced	1	2	3	4
Small red bell pepper, seeded and diced	1	2	3	4
Small yellow bell pepper, seeded and diced	1	2	3	4
Fresh small broccoli florets	1 cup	2 cups	3 cups	4 cups
Chopped kale, stems removed	1 cup	2 cups	3 cups	4 cups

Filling freezer instructions: In a skillet over medium-high heat, heat oil then saute each vegetable individually, then set in freezer in a bowl to cool. When all the vegetables are cooked and cooled, divide each vegetable evenly between the number of filling packets you are making (use quart sized freezer bags- one for each batch). When all veggies are in the bags, seal, and mix around contents. Open bags, remove as much air as possible, seal, label and freeze.

To use: Thaw and drain of extra moisture before using. Pour filling in an unbaked gluten free pie crust or oiled 8x8 baking pan. Top with 1 cup gluten & dairy free cheese substitute, if desired. Whisk together 6 eggs, 1 3/4 cup milk substitute, 1/2 teaspoon salt and 1/4 t pepper; pour over filling. Bake in preheated 350 degree oven for 45-50 minutes until egg is set. Also makes a wonderful topping on pizza, baked sweet potato or regular potatoes, or as an omelet filling.