

PUMPKIN & TOMATO QUICHES



4

Serves

\$1.77

Cost per serve

40 MIN

Total prep & cooking time



WHY WE LOVE THIS RECIPE

Pumpkin can be substituted for any vegetables that are in season.



FOOD WASTE TIP

Leftover bread crusts can be turned into bread crumbs and stored in the freezer.

INGREDIENTS



Olive oil spray



1 tbsp. olive oil



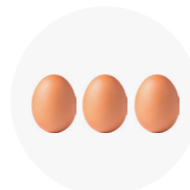
2 cups pumpkin, finely diced



12 slices wholemeal bread, crusts removed



1 large tomato, diced



3 eggs



½ cup low fat cream cheese, softened



¼ cup low fat milk



2 tbsp. spring onion, finely chopped



1 tsp. dried mixed herbs



Dash of salt & pepper



To serve: Salad

STEPS



Preheat oven to 180°C. Place pumpkin on a lined baking tray, pour over olive oil and season with salt and pepper. Bake in oven for 15 minutes.



Roll each slice of bread to flatten.



Spray muffin tin with olive oil spray and press 1 slice of bread into each tin, repeat.



Mix baked pumpkin and diced tomato together and spoon into muffin tins.



In a large bowl, add the cream cheese, eggs, milk, spring onion, dried herbs, salt and pepper. Whisk together until the mixture is well combined.



Spoon the mixture over the vegetables in the muffin tin and bake 20 minutes or until cooked through. Serve with a side of salad

