

Sun-Dried Tomato Quiche

Total: 65 min. Active: 10 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 276. Total Fat: 16g. Carbs: 21g. Protein: 13g.

Ingredients

- 1 (9 in.) whole-wheat pie crust
- 1/2 cup sliced oil-packed sun dried tomatoes
- 1 cup diced mozzarella cheese
- 4 large eggs
- 1 1/4 cups milk
- 1/2 tsp salt
- 1/8 tsp ground black pepper



Directions

Preheat the oven to 375 degrees F. Set out pie crust to thaw for 10-20 minutes.

Meanwhile, press sun-dried tomatoes between paper towels to absorb the oil. Spread the sun-dried tomatoes and mozzarella in the bottom of the crust.

Whisk eggs, milk, salt and pepper together in a medium bowl. Pour the mixture over the sun-dried tomatoes and cheese in the crust.

Set the quiche on a baking sheet and bake until the center is set, 35 to 40 minutes. Let stand for 10 minutes before slicing.