

# Zucchini Pie Quiche

It is that time of year again when the Zucchini, Roasting Ears, and Tomatoes are coming out of the gardens. It is the time to feast on all that wonderful fresh produce and enjoy every minute of it.

This recipe for zucchini will help use up that zucchini that sometimes has trouble finding a home in such a delicious way. This particular recipe calls for a crescent roll crust, however, when we make it we leave off that step and by avoiding the crust, this dish makes a very nice light quiche that is more carb friendly. ( You can also use yellow summer squash instead of zucchini if you wish.)

4 cups sliced zucchini  
1 cup chopped onion  
½ cup butter  
½ cup fresh parsley or 3 tablespoons flakes  
½ teaspoon salt  
½ teaspoon pepper  
1/3 to 1/2 teaspoon garlic powder  
1 teaspoon basil  
½ teaspoon oregano  
3 eggs  
8 ounces shredded Muenster or Mozzarella  
or Cheddar Cheese  
*(or a combination of any two cheeses)*  
1 can (8 ounces) crescent rolls (Buy in refrigerated dough  
center at the supermarket)  
2 teaspoons Dijon mustard

1

Saute squash and onion in butter until soft. Stir in seasonings. Set aside.

2

In a bowl, blend eggs and cheese. Stir in cooked vegetables.

3

Use a 9 or 10 inch lightly greased pie dish and spread crescent roll dough (unseparated) to make crust. Spread mustard on the dough and pour the vegetable mixture into the crust (or directly in the pan if you choose to make it without the crust.)

4

Bake at 375 degrees for 20-25 minutes until the eggs are nicely set and brown.