

# Cauliflower quiche

Recipe courtesy of Siobhan at Bluewater State School



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Total time: 50 min

Preparation: 10 min

Cooking: 40 min

Created by: QAST

Serves: 12

Category: Cold Meals

Level: Easy

## Ingredients

- 1 each whole cauliflower
- 1 each carrot
- 1 each zucchini
- 0.5 cup low fat cheese
- 5 each eggs

## Recipe

1. Process cauliflower until it resembles rice, or grate if you don't have a food processor
2. Grate carrot and zucchini
3. Mix all ingredients in a large bowl
4. Pour into prepared tin and bake for 40mins at 180 degrees, or until golden brown.

## Full description

Cauliflower quiche served with Rainbow salad

## Variations

[www.emenu.qast.org.au](http://www.emenu.qast.org.au)

May also bake in a muffin tin for individual serves (cooking time 20-25mins)

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