

# Skinny Zucchini Quiche

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## **Ingredients:**

- 10 oz Shredded zucchini (about 2 medium sized zucchinis - with as much liquid squeezed out as you can get)
- ½ cup onion
- ¼ cup fresh chives, chopped
- ½ cup part skim mozzarella
- 2 Tbsp grated Parmesan cheese
- ½ cup flour
- 1 tsp baking powder
- 2/3 cup fat free milk
- 1 tsp olive oil
- 2 large eggs, slightly beaten
- ½ tsp salt
- Pepper to taste

## **Directions:**

1. Mix the flour, baking powder, salt and pepper in one large bowl.
2. Add both cheeses, onions, chives, olive oil and zucchini to the dry mixture.
3. Beat the eggs and milk in a small bowl and pour on top of the ingredients.
4. Mix well and pour into a greased pie plate.
5. Bake at 400° for 30-35 minutes and let stand 5 minutes before serving ~ Enjoy!

