

Crustless Caprese Quiche

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1/3	cup	whole wheat breadcrumbs
2	tablespoons	whole wheat breadcrumbs
2	teaspoons	extra virgin olive oil
1	medium	onion - diced
		kosher salt
4		plum tomato - 2 chopped and 2 thinly sliced
2	large	egg
2		egg white
1/2	cup	part-skim ricotta cheese
1/2	cup	milk
1/4	cup	basil leaves - thinly sliced
4	ounces	part-skim mozzarella - shredded

Preheat oven to 350. Coat a 9 inch deep sided pie pan with cooking spray. Evenly sprinkle 2 tablespoons of breadcrumbs into the pan.

Heat oil in a large nonstick pan over medium low heat. Add the onion and 1/8 tspn salt and cover. Cook, stirring occasionally, until the onions soften without color, about 15 minutes. Stir in chopped tomatoes and cook for 1 minute. Transfer to medium bowl and set aside.

Meanwhile, add the eggs, whites, ricotta, milk, the remaining 1/3 cup crumbs and 3/4 tspn salt to a blender until well combined and smooth. Stir in the sliced basil and the onion-tomato mixture.

Pour the egg mixture into the prepared pie pan. Sprinkle with mozzarella. Arrange slice tomatoes in an overlapping style around the top.

Bake until the eggs are set and the cheese is lightly browned, about 35 minutes. Let stand 10 minutes to complete cooking process. Garnish with the fresh basil sprig. Slice into 4 wedges with a sharp knife and serve.