
Zucchini Quiche II

Audrey Bayer - New York

North American Potpourri - Autism Directory Service, Inc - 1993

3 cups grated zucchini

1 small onion, chopped

1 cup Bisquick® baking mix

4 eggs

1/2 cup oil

1/2 cup Parmesan cheese, grated

1 teaspoon parsley

1/4 teaspoon salt

1/8 teaspoon pepper

In a bowl, mix the zucchini, onion, Bisquick, eggs, oil, Parmesan cheese, parsley, salt and pepper. Mix until the zucchini is well coated.

Grease a twelve-inch pie plate (or two small pie plates). Add the zucchini mixture to the pie plate.

Bake at 350 degrees for 30 minutes or until brown.

(This dish can be frozen.)

Breakfast

Per Serving (excluding unknown items): 1965 Calories; 157g Fat (71.7% calories from fat); 51g Protein; 89g Carbohydrate; 5g Dietary Fiber; 879mg Cholesterol; 2962mg Sodium. Exchanges: 5 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 27 1/2 Fat.