

# Good for leftover ham “Quiche Diane – No Crust”

## Ingredients

$\frac{1}{2}$  cup chopped ham  
3 eggs or equivalent egg substitute  
1 cup milk – can be soy  
1 cup shredded cheese – your choice – Fontina, Jarlsberg, Gruyere, cheddar or combination  
 $\frac{1}{2}$  cup bread crumbs  
1 cup chopped vegetables – your choice of single or combination  
1 teaspoon your favorite spice(s)  
1 teaspoon dried parsley  
salt and pepper to taste

## Directions:

Preheat oven to 375°. In mixing bowl, beat eggs, and add other ingredients. Stir well. Pour into greased baking pan. Bake for 30-45 minutes until bubbly and top is browned, and when inserted toothpick comes out clean.