

# Summer Garden Crustless Quiche

## Ingredients

1 teaspoon olive oil, or as needed

1 tablespoon olive oil

1 yellow onion, minced

3 cloves garlic, minced

5 cups chopped kale

1/4 teaspoon kosher salt

2 grinds fresh black pepper, or to taste

1 cup diced tomato

1/2 cup shredded carrots

5 eggs

3/4 cup whole milk

7 1/2 ounces shredded Cheddar cheese (such as Sargento® 4 State Cheddar Cheese)

1/4 cup chopped flat-leaf parsley

# Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie dish with 1 teaspoon olive oil.

Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until garlic is fragrant, 2 to 3 minutes. Add kale, salt, and pepper; cook, stirring occasionally, until kale is wilted, about 5 minutes. Stir tomato and carrots into kale mixture; cook for 5 more minutes. Remove skillet from heat.

Whisk eggs and milk together in a bowl. Stir Cheddar cheese, kale mixture, and parsley into egg mixture; pour into the prepared pie dish.

Bake in the preheated oven until quiche is set in the middle and a knife inserted in the center comes out clean, about 50 minutes. Cool in pie dish for 2 to 3 minutes before slicing.

source:[allrecipes.com](http://allrecipes.com)