Magic Crust Quiche

6 servings

1 Tbs oil
1/2 cup chopped onion
2 cups cooked vegetables
1 cup shredded cheese
3 eggs
1 1/2 cups milk
3/4 cup baking mix (like Bisquick)

1. Cook onion in oil (or steam with vegetables).
2. Cook vegetables according to package directions (or use leftovers). Drain well.
3. Grease round pie pan or 8 x 8 inch baking dish.
4. Spread cheese and cooked vegetables into the pan.
5. Mix milk, eggs and baking mix.
6. Pour over vegetables and cheese.
7. Bake at 350° for 35 minutes until knife inserted into the middle comes out clean.

Healthy Menu

Magic Crust Quiche
Mixed Green Salad
Pear Halves
Lemonade