

Easy Crustless Quiche Bake with Bacon and Fresh Veggies

cooked sausage or turkey bacon



OVEN
350°F

TIME
30 min

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INGREDIENTS

6 large eggs
¾ cup milk
¼ cup grated Parmesan cheese
4 slices bacon, cooked and crumbled
¾ cup zucchini, grated
¾ cup cherry tomatoes, halved
¼ cup diced onions
¼ cup chopped mushrooms
Salt and pepper, to taste

DIRECTIONS

- 1.** Prep the Oven & Dish: Preheat your oven to 350°F (175°C). Lightly grease a medium baking dish (8x8 or similar).
- 2.** Mix the Egg Base: In a large bowl, whisk together the eggs, milk, and Parmesan cheese until smooth.
- 3.** Add the Veggies & Bacon: Stir in the cooked bacon, zucchini, cherry tomatoes, onions, mushrooms, and seasonings.
- 4.** Bake: Pour the mixture into the prepared dish and spread evenly. Bake for 25-30 minutes, or until the center is set and the top is golden.
- 5.** Rest, Slice & Serve: Let the quiche rest for a few minutes before slicing. Serve warm, or let cool completely for meal prep containers.

TIPS FOR SUCCESS

Squeeze the zucchini gently to remove excess moisture before adding.

Pre-cook or sauté mushrooms and onions if you prefer them soft.

This bakes well in muffin tins too—just reduce bake time to ~20 minutes.

Store in the fridge for up to 4 days, or freeze slices individually.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-crustless-quiche-bake-with-bacon-and-fresh-veggies/>