



PREPARATION: 15 MINUTES

COOKING: 30 MINUTES

4 SERVINGS

# NO-CRUST QUICHE WITH LEEKs

## Nutrient Analysis

### PER SERVING:

¼ of recipe

### RENAL EXCHANGE:

2 Protein + 2 Starch + ½ Vegetable

Calories	317Kcal
Protein	16g
Carbohydrates	27g
Fibre	1g
Total Fat	16g
Saturated Fat	4g
Cholesterol	388mg
Sodium	178mg
Potassium	261mg
Phosphorus	211mg

## INGREDIENTS

1 cup leeks

1 tablespoon olive oil

8 large eggs

½ cup flour

1 ⅓ cup unfortified\*  
rice beverage

⅔ cup milk

⅓ teaspoon black pepper

2 tablespoons fresh basil

*\* Because of phosphate additives in fortified rice beverage we are recommending the unfortified product.*

## PREPARATION

- 1 Preheat oven to 400°F.
- 2 Cut the leeks lengthwise and rinse under running water. After washing them, cut them into slices.
- 3 In a non-stick frying pan, heat the oil over medium heat. Sauté the leeks for 4-5 minutes while stirring often.
- 4 In a large bowl, whisk the eggs. Add the flour, rice beverage and milk. Add the fried leeks from step 3 and season with pepper.
- 5 Pour the mixture directly into a pie shell (23 cm diameter). Place the basil leaves on top.
- 6 Bake the quiche in the oven for 30-35 minutes. Test for doneness by inserting a knife near the centre of the quiche. When the knife comes out clean the quiche is ready. Enjoy!