

# TOMATO & PUMPKIN QUICHES



Serves



Cost per  
serve



Total prep  
& cooking time



## WHY WE LOVE THIS RECIPE

Pumpkin can be substituted for any vegetables that are in season.



## FOOD WASTE TIP

Any unused bread or crusts can be turned into bread crumbs and stored in the freezer.

## INGREDIENTS



1 tbsp. olive oil



300g pumpkin,  
finely diced



12 slices  
wholemeal bread



1 large tomato,  
diced



Olive oil spray



½ cup reduced  
fat cream cheese,  
softened



3 eggs



¼ cup low  
fat milk



2 spring onions,  
finely chopped



1 tsp. dried  
mixed herbs



1 tsp. pepper

## STEPS



Preheat oven to 180°C. Place pumpkin on a lined baking tray, pour over olive oil and bake in oven for 15 minutes.



Roll each slice of bread to flatten.



Spray muffin tin with olive oil spray and press 1 slice of bread into each tin, repeat.



In a large bowl, add the cream cheese, eggs, milk, spring onion, dried herbs, salt and pepper. Whisk together until the mixture is well combined.



Mix baked pumpkin and diced tomato together and spoon into muffin tins.



Spoon the mixture over the vegetables in the muffin tin and bake 20 minutes or until cooked through. Serve with a side of salad