

# Summer Vegetable Quiche

with Cucumber & Sweet Piquante Pepper Salad

TIME: 50-60 minutes

SERVINGS: 4

This quiche is packed with colorful summer veggies, including tender squash and fresh corn. To keep it moist and fluffy, we're stirring ricotta into the filling, also brightened up by fresh basil. Our side salad of cucumbers, sunflower seeds, and golden piquante peppers—a tangy-sweet pickled variety with a vivid orange color—completes the meal on a gourmet note.



## MATCH YOUR BLUE APRON WINE



Light & Fresh

Serve a bottle with this symbol for a great pairing.



## Ingredients



1  
PIE CRUST



4  
CAGE-FREE  
FARM EGGS



½ cup  
PART-SKIM  
RICOTTA CHEESE



2  
CUCUMBERS



1 ear of  
CORN



1  
RED ONION



1  
SUMMER SQUASH



1 bunch  
BASIL

## KNICK KNACKS:



3 Tbsps  
CRUMBLed FETA  
CHEESE



2 oz  
GOLDEN SWEET  
PIQUANTE  
PEPPERS



2 Tbsps  
ROASTED  
SUNFLOWER  
SEEDS



1 Tbsp  
WHITE WINE  
VINEGAR





### 1 Prepare the ingredients:

- Preheat the oven to 425°F.
- Wash and dry the fresh produce.
- Medium dice the squash.
- Peel and medium dice the onion.
- Remove and discard the corn husks and silks. Cut the corn kernels off the cob; discard the cob.
- Pick the basil leaves off the stems; discard the stems.
- Peel the cucumbers, leaving alternating strips of skin intact. Halve lengthwise; using a spoon, scoop out and discard the seeds. Cut the cucumbers crosswise into 1/4-inch-thick pieces.
- Roughly chop the peppers.



### 2 Cook the vegetables:

- In a large pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the **squash** and **onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened.
- Add the **corn**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Turn off the heat. Season with salt and pepper to taste.

### 3 Make the filling:

- While the vegetables cook, crack the **eggs** into a large bowl; beat until smooth. Whisk in the **ricotta cheese** and **half the basil** (tearing the leaves just before adding); season with salt and pepper.
- Add the **cooked vegetables**; stir to thoroughly combine.



### 4 Assemble & bake the quiche:

- Place the **pie crust** on a sheet pan, leaving it in its tin. Carefully pour the **filling** into the crust.
- Bake 20 to 22 minutes, or until the crust is browned and the filling is cooked through.
- Remove from the oven. Let stand for at least 5 minutes before serving.

### 5 Start the salad:

- While the quiche bakes, in a large bowl, combine the **cucumbers**, **peppers**, **vinegar**, **remaining basil** (tearing the leaves just before adding), and **1 tablespoon of olive oil**. Season with salt and pepper to taste. Transfer to a serving dish.



### 6 Finish the salad & serve your dish:

- Just before serving, garnish the **salad** with the **feta cheese** and **sunflower seeds**.
- Serve the **baked quiche** with the finished salad on the side. Enjoy!