HEALTHY FOOD IN A SNAP
EASY ZUCCHINI QUICHE OR APPETIZER

Did you know? All fruits and vegetables can be purchased with SNAP Benefits
Find out more at: www.urbanharvest.org/famers-markets/SNAP
**EASY ZUCCHINI QUICHE OR APPETIZER**

**INGREDIENTS**

- 3 cups (about 4 small) grated zucchini
- 1 cup self rising flour OR Bisquick
- ½ cup finely chopped sweet onion  
  alt: use chopped green onion
- ½ cup grated parmesan  
  alt: Swiss or cheddar cheese
- 2-3 tbsp of chopped parsley or other  
  mixed herbs like basil, thyme, oregano
- 1 tbsp dried herb mix  
  alt: chopped jalapeno peppers to taste
- ½ tsp salt
- 1 clove garlic
- ½ cup vegetable oil
- 4 eggs slightly beaten

**INSTRUCTIONS**

Heat oven to 350°F, and grease an oblong 13x9 pan.

Mix all ingredients thoroughly and, pour into pan.

Bake until set and slightly golden on top, about 25 minutes. Cut into squares and serve warm.

This keeps a few days in the fridge.

Recipe courtesy of: Brenda Fabian, Klein ISD