



*Delicious!*

PREPARATION: 15 MINUTES | COOKING: 60 MINUTES | SERVINGS: 4

# SWEET CORN AND ZUCCHINI QUICHE

## INGREDIENTS

*1 frozen standard pie shell,  
9-inch diameter*

*1 tablespoon olive oil*

*½ cup red onion, sliced in rings*

*1 cup corn, frozen*

*1 ½ cup zucchini, sliced in rounds*

*3 large eggs*

*½ cup skim milk*

*¼ cup goat cheese*

*3 tablespoons fresh basil, chiffonade\**

\* A chopping technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips.

## PREPARATION

- 1 Preheat oven to 400°F. Bake frozen pie shell for approximately 15 minutes or until lightly browned.
- 2 Remove the pie shell from the oven and reduce oven temperature to 350°F.
- 3 Heat the olive oil in a skillet over medium-high heat. Sauté onion, corn, and zucchini until cooked. Remove from heat.
- 4 In a mixing bowl, whisk together eggs and milk.
- 5 Spread the cooked vegetable evenly in the cooked pie shell. Sprinkle with goat cheese and basil.
- 6 Pour the egg and milk mixture on top.
- 7 Place quiche on a baking sheet and bake for approximately 35–40 minutes or until the quiche is firm to the touch (internal temperature of 160°F). Serve warm.



# SWEET CORN AND ZUCCHINI QUICHE



## Nutrient Analysis

PER SERVING  
¼ of recipe

**Renal/Diabetic exchanges:**  
1 Meat + 2 Starch + 1 Lower-Potassium Vegetable + 3 Fat

Calories	<b>332Kcal</b>
Protein	<b>11g</b>
Total Carbohydrate	<b>29g</b>
Fiber	<b>2g</b>
Sugars	<b>7g</b>
Fat	<b>20g</b>
Saturated	<b>5g</b>
Cholesterol	<b>146mg</b>
Sodium	<b>305mg</b>
Potassium	<b>371mg</b>
Phosphorus	<b>201mg</b>
Calcium	<b>101mg</b>
Iron	<b>1mg</b>
Magnesium	<b>34mg</b>
Vitamin C	<b>12mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

### What type of squash to choose

Vegetables are part of a healthy diet for all. However, for those with chronic kidney disease, certain vegetables can contain too much potassium to be enjoyed on a daily basis.

When it comes to squash, the potassium content can vary tremendously. Squash with the deepest colored flesh such as acorn, butternut and hubbard are very high in potassium and should be used in very limited quantities.

In general, squash with lighter colored flesh such as crookneck or straightneck, scallop and spaghetti are lower in potassium and can be part of a potassium-controlled diet. Zucchini however is an exception to this rule as it is actually higher in potassium. Ask your dietitian how much squash in right for you.

Crookneck or straightneck, scallop and zucchini squashes are harvested in the summer and are best when picked while small and tender. They can be grilled, steamed, boiled, sautéed, fried or used in stir-fry recipes.

Spaghetti squash is harvested in the late summer or early autumn. It can be baked, boiled, steamed and microwaved. You can even use it as a substitute for pasta.

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