

Black Bean & Cheese Crustless Quiche

23-cm quiche pan

Cut into 4 pieces (2 servings + 2 leftovers)



- 15 ml (1 T) extra-virgin olive oil
- 1 medium (120 g) red bell pepper, chopped
- 80 g (½ medium) red onion, thinly sliced
- 80 g (½ medium) cherry tomatoes, chopped
- ¼ tsp ground cumin
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ⅛ tsp cayenne pepper (*optional*)
- 1 tsp Kevala coconut aminos
- 6 medium eggs
- ½ to 1 tsp lime zest
- 120 ml 7-11 糖質 75% オフ調整豆乳
(For more richness, whisk in 1 T Greek yogurt)
- Cheddar or gouda cheese – 60 g shredded (½ C), divided
- Canned black beans, no-salt-added – 1 can (425 g, drained =240 g), rinsed well

1. Preheat oven to **180°C**. Lightly oil or spray a 23-cm glass pie dish.
2. Heat **olive oil** in a skillet over **medium heat**. Add chopped **bell pepper** and **cook 5–6 minutes**, stirring occasionally, until starting to soften. Add sliced **red onion** and **cook another 4–5 minutes** until lightly browned and tender.
3. Stir in **cherry tomatoes, cumin, oregano, smoked paprika, cayenne, and coconut aminos**. **Cook 2–3 minutes** until liquid reduces and fragrant. Let cool slightly.
4. In a medium bowl, whisk **eggs, soy milk, lime zest, 1 T Greek yogurt**, and **½ the cheese** until well combined. Fold in **black beans** and the cooled **vegetable mixture**. Pour into prepared pie dish.
5. Sprinkle the remaining **cheese** on top.
6. **Bake 30–35 minutes**, until quiche is set and edges are golden. **Let stand 10 minutes** before slicing. Serve warm and with a few **lime wedges** on the plate.

Nutrition (per serving, 1/4 of quiche)

Kcal: 460 kcal | Protein: 29 g | Fat: 24 g | Sat. Fat: 9 g | Carbs: 30 g | Sugars = 7 g | Fiber: 9 g | Sodium: 500 mg | Omega-3: 0.3 g

👉 Tips for freezing this quiche:

- **Cool completely** before wrapping.
- Slice into wedges, wrap each in plastic + foil (or airtight freezer bags).
- **Freeze up to 2 months.**
- To reheat: thaw overnight in fridge, then warm in toaster oven at ~160°C (10–12 min) until heated through.