



Low Carb Meatless Main Dish Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

BROCCOLI QUICHE

10 ounces frozen chopped broccoli, cooked and well drained
8 ounces cheddar cheese, shredded
1/3 cup onion, chopped
6 eggs
1/2 cup heavy cream
1 teaspoon salt
Dash pepper

Grease a 10-inch glass pie plate. Put the broccoli, onion and cheese in the bottom of the plate. Whisk the eggs, cream, salt and pepper in a medium bowl. Pour evenly over the cheese. Bake at 350° for 30-35 minutes, until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



CHEDDAR AND ONION QUICHE

1 medium onion, chopped
1 tablespoon butter
6 eggs
1/2 cup heavy cream
8 ounces cheddar cheese, shredded
1/2 teaspoon salt
Dash pepper
Dash garlic powder

Sauté the onion in butter until tender. Grease a 10" pie plate. Arrange the cheese evenly in the plate; top with the onions. Whisk the eggs, cream and seasonings; pour evenly over the onions. Bake at 350° 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



CHEESE STUFFED POBLANO CHILES

6 small-medium poblano chiles
16 ounces Muenster or Monterey jack cheese (not shredded)
1 cup red enchilada sauce

Roast and peel the chiles. Place them in a greased 9x13" baking dish. Cut the cheese into 6 equal size slabs and insert them inside each of the chiles. Spoon the enchilada sauce over each chile. Bake at 350° 20 minutes until hot and bubbly and the cheese has melted.

Makes 6 servings



CHILE RELLENO CASSEROLE

2 7-ounce cans whole green chiles, drained well
8 ounces pepper-jack cheese, shredded
3 eggs
3/4 cup heavy cream
1/2 teaspoon salt
4 ounces cheddar cheese, shredded

Grease an 8x8" baking dish. Slice each chile along one long side and open flat. Arrange half of the chiles in the bottom of the baking dish skin side down in a single layer. Top with the pepper-jack cheese. Arrange the remaining chiles over the cheese, skin side up.

Beat the eggs, cream and salt well. Pour evenly over the chiles. Top with the cheddar cheese. Bake at 350° for 35 minutes, until golden brown and a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



CHILE RELLENOS BAKE

2 4-ounce cans chopped green chiles
8 ounces sharp cheddar cheese, shredded
4 eggs
1/2 cup heavy cream
1/2 teaspoon dry mustard
1/2 teaspoon salt

In a greased 1 1/2 to 2 quart casserole, layer half of the cheese and half of the chiles; repeat the layers. Whisk the eggs, cream, dry mustard and salt well; pour over the chiles. Bake at 350° 30-35 minutes, or until a knife inserted in the center comes out clean and the top is slightly puffed. Let stand 10 minutes before serving.

Makes 4-6 servings



CREAMY SQUASH CASSEROLE

4 medium yellow squash, cut into half moons
1 small onion, slivered
2 stalks celery, finely chopped
2 tablespoons butter
1 teaspoon chicken bouillon granules
1/4 cup mayonnaise
1/4 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon garlic powder
8 ounces cheddar cheese, shredded

Sauté the onion and celery in the butter along with the chicken bouillon granules until the celery and onion are very soft and a little browned, about 20 minutes. Meanwhile, cook the squash in boiling water (or microwave) until tender; drain very well and pat as dry as possible. Combine all of the ingredients in a greased 1 1/2 quart casserole or 6x8" baking dish. Bake at 350°, uncovered, 30 minutes or until nicely browned and bubbly.

Makes 6 servings



EGGPLANT LASAGNA

2 eggplants
1/4 cup oil (or more as needed)
Salt
2 cups marinara sauce
16 ounces whole milk mozzarella cheese, shredded
1/2 cup parmesan cheese, grated

Trim the ends off the eggplants and slice lengthwise into 1/2" slices. You should get 6 slices from each eggplant. Brush both sides of the eggplant slices with oil to coat. Place them in a single layer on a baking sheet. Broil about 5 minutes per side until tender and a little browned. Watch them closely because they can burn quickly. Lightly sprinkle them with salt after removing from the oven.

Layer everything in a greased 7x9x3" baking dish in this order: 4 eggplant slices, 1/3 of the sauce, 1/3 of the mozzarella. Repeat the layering two more times then sprinkle with the parmesan cheese. Bake at 350° about 30 minutes or until the cheese is bubbly.

Makes 6 servings



ITALIAN SQUASH PIE

4 tablespoons butter
1 1/2 pounds yellow summer squash or zucchini, sliced thin
Small onion, sliced or chopped
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon Italian seasoning
1/4 cup fresh parsley, chopped
8 ounces Monterey jack cheese, shredded
2 eggs
1/4 cup heavy cream
2 teaspoons Dijon mustard

Sauté the squash, onion and garlic in the butter in a large skillet until tender and slightly browned. Sprinkle in the seasonings while cooking the squash. Put the squash mixture in a greased 10-inch quiche pan; mix in the cheese and parsley. Whisk the eggs and cream in a small bowl; whisk in the mustard. Pour the egg mixture over the squash; mix in gently. Bake at 375° for 25 minutes or until browned and bubbly. Let stand a few minutes before cutting.

Makes 6-8 servings



LEEK QUICHE

1 large leek
1 tablespoon butter
3 eggs
1/2 cup heavy cream
1/4 teaspoon salt
1/4 teaspoon pepper
6 ounces Gruyere or Swiss cheese, shredded

Clean the leeks well to remove any sand. Slice thinly and sauté in butter until tender. Whisk the eggs, cream, salt and pepper in a medium bowl. Put about 3/4 of the cheese in a greased pie plate or quiche pan. Evenly spread the leeks over the cheese. Pour in the egg mixture; top with the remaining cheese. Bake at 350° for 30-35 minutes, until golden brown on top. Let stand a few minutes before slicing.

Makes 6 servings



MOCKAFONI & CHEESE

16 ounces frozen cauliflower
4 ounces cream cheese
2 tablespoons heavy cream
4 ounces cheddar cheese, shredded
2 green onions, finely chopped
1/2 teaspoon salt, or to taste
1/2 teaspoon pepper, or to taste
4 ounces cheddar cheese, shredded

Cook the cauliflower until tender; drain well. In a 1 1/2 quart casserole; soften the cream cheese in the microwave about 30-40 seconds on HIGH. Whisk in the cream until smooth, then stir in 4 ounces of the cheddar cheese. Microwave on MEDIUM about 2-3 minutes or until the cheese is melted. Stir well until creamy and smooth, microwaving a little longer if necessary. Stir in the green onions, salt and pepper. Add the cauliflower and gently fold into the cheese sauce to coat well. Adjust the seasonings if needed. Top with the remaining 4 ounces cheese and bake at 350° for 35 minutes, until bubbly and brown on top.

Makes 4-6 servings



MUSHROOM & CHEDDAR QUICHE

6 eggs
1/2 cup heavy cream
8 ounces sharp cheddar cheese, shredded
1/2 pound fresh mushrooms, sliced
2 tablespoons butter
1/2 teaspoon salt
Dash pepper
Dash garlic powder

Sauté the mushrooms in butter until tender and slightly browned; season with a little salt, pepper and garlic powder. Beat the eggs and cream with 1/2 teaspoon salt and a dash of pepper. Put the cheese in the bottom of a greased 10-inch pie plate. Top the cheese with the mushrooms, then pour the egg mixture evenly over all. Bake at 350° for 30-35 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before slicing.

Makes 6-8 servings



MUSHROOM & SPINACH QUICHE

1 tablespoon butter
8 ounces fresh mushrooms, sliced
1 medium red onion, chopped fine
10 ounces frozen spinach, thawed and drained
5 eggs
1/2 cup heavy cream
1/2 teaspoon salt
1/4 teaspoon pepper
8 ounces sharp cheddar cheese, shredded

In a large skillet, sauté the mushrooms and onions in the butter until tender. Remove from the heat and stir in the spinach. In a large bowl, whisk the eggs. Whisk in the cream, salt and pepper. Add the mushroom mixture and stir well. Stir in the cheese. Pour everything into a greased 10-inch pie plate. Bake at 350° 30-35 minutes or until set and lightly browned. Let stand 10 minutes before serving.

Makes 6 servings



MUSHROOM AND ONION QUICHE

6 eggs
1/2 cup heavy cream
8 ounces Swiss cheese, shredded
1 medium onion, chopped
1/2 pound fresh mushrooms, sliced
2 tablespoons butter
1/2 teaspoon salt
Dash pepper

Sauté the onion and mushrooms in butter until tender and slightly browned. Beat the eggs and cream with the salt and pepper. Put the cheese in the bottom of a greased pie plate. Top the cheese with the mushrooms then pour the egg mixture evenly over all. Bake at 350° for 30-35 minutes or until a knife inserted in the center comes out clean.

Makes 6-8 servings



QUESADILLA QUICHE

8 ounces cheddar cheese, shredded
4 ounce can chopped green chiles
1 medium Roma tomato, diced
5 green onions, chopped
6 eggs
1/2 cup heavy cream
1/2 teaspoon salt

Put the cheese, chiles, tomatoes and green onions in a greased 10" pie plate. In a medium bowl, whisk together the eggs, cream and salt. Pour into the pie plate and mix everything. Bake at 350° 30-35 minutes or until the center is set. Let stand 10 minutes before serving.

Makes 6-8 servings



SWISS ONION QUICHE

1 medium onion, chopped
1 tablespoon butter
6 eggs
1/2 cup heavy cream
8 ounces Swiss cheese, shredded
1/2 teaspoon salt
Dash pepper

Sauté the onion in butter until tender and slightly browned. Grease a 9-10" glass pie plate. Arrange the cheese on the bottom of the plate; evenly distribute the onions over the cheese. Beat the eggs, cream, salt and pepper well. Pour evenly over the cheese and onions.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before slicing.

Makes 6-8 servings



TEXAS SWEET ONION PIE

1 large onion, sliced thin
2 tablespoons butter
8 ounces Monterey jack cheese, shredded
3 eggs
1/2 cup heavy cream
1/2 teaspoon salt
1 teaspoon chili powder

Sauté the onion in butter until tender and slightly caramelized. Place the cheese in a greased pie plate; top with the onions. Beat the eggs, cream and seasonings; pour over the cheese and onions.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



TIJUANA QUICHE

4 ounces cheddar cheese, shredded
8 ounces Monterey jack cheese, shredded
4 ounce can chopped green chiles
4 eggs
1/2 cup heavy cream
1/2 teaspoon salt
1/4 teaspoon pepper

Put the cheeses in a greased 9-10" pie plate. Scatter the chiles evenly over the cheese. In a medium bowl, beat the eggs, cream and seasonings; pour evenly over the cheese and chiles.

Bake at 350° for 30-35 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings

