



Egg & Salmon Quiche

SERVINGS: 8

INGREDIENTS

8 eggs
½ fillet salmon or
steelhead trout
350 g ricotta cheese
100 g (approx.) fried
baby portobello
mushroom
400 g lightly steamed &
chopped cauliflower
300 g lightly steamed
and chopped broccoli
20 ml (4 tsp) salt

DIRECTIONS

1. Mix eggs, ricotta and salt.
 2. Add in clumps of diced salmon.
 3. Pan fry diced portobello mushroom.
 4. Cool and add to the mix.
 5. Grate the cauliflower and broccoli and steam for a few minutes (until soft).
 6. Cool and add to the mix.
 7. Pour the mixture into a pan and bake for 60–75min at 375°F–400°F.
- *This filling can also be used with a pie crust, such as a flax crust.

NOTE

This recipe was provided by a member of Arthritis Research Canada's Arthritis Patient Advisory Board and is based on personal experience. It should not be interpreted as dietary or medical advice.