

Frugal Foodie Friday: Healthy, Dairy-Free Smoked Salmon Crustless "Quiche"

Since my last Dutch Baby venture was such a dee-licious success, I set out to create a savory version the other day. But, I couldn't stop with that one challenge alone. Oh no, silly me decided to go for the gusto and make it grain-free too! Luckily it worked out okay, but I used ground almonds, and was surprised at how breadly the first trial turned out. It was good, but somehow the texture didn't really go with the flavor. So in round two, I switched to cashews, using half the amount, and a star was born!

However, this new concoction wasn't really a Dutch Baby anymore. Determined to find a name, I went online to read about the various types of egg dishes (yes, I do waste too much time on completely useless activities once in a while). The most comparable dish I could find was a quiche, but since this recipe contains no cheese, cream, or dairy of any kind, it seemed like a bit of a stretch. I mean, a healthy quiche?

I have never really had a quiche, so I turned to my husband for his taste-testing expertise. He said, "It's kind of like a quiche, but different. It's good though!" And thus, the Smoked Salmon Crustless (Sort of) Quiche was born ... [View the Recipe on One Frugal Foodie.](#)