

an



recipe

QUICHE

ingredients

4 Eggs

1 3/4 Cups Half & Half

1/2 tsp. Salt

1/4 - 1/2 c. Shredded cheese
(cheddar, swiss, gruyere)

1/2 - 3/4 c. Cooked Meat/Vegetables
(ham, sausage, asparagus, broccoli, spinach, etc)

2 Tb. Onions or Shallots, sauteed

1 tsp. Herbs (thyme, parsley, basil.....)

1/4 tsp. Spices (cayenne, nutmeg.....)

8" - 9" Pie shell

method

- Whisk eggs, half & half, salt and spices.
- Add herbs and onions.
- Cover bottom of pie shell with cheese, then meat/vegetables.
- Pour wet mixture over the top.
- Bake at 350 degrees for 35- 45 minutes to golden brown.
- Notes
 - This recipe is extremely versatile. You can use any kind of dairy, use herbs and spices or not, make it vegetarian, or themed (Italian with basil, sausage and mozzarella).
 - This recipe is gluten free if made with a gf pie shell, and can be dairy free as well if made with a product like Ripple.
 - Make the quiche a fritatta and bake without a crust. Grease a pie tin, pour in mixture and cook for 25 min.