

## Veggie Quiche (dairy & vegetables):

- I buy premixed pie dough from Healdsburg's Downtown Bakery & Creamery – it's the best – which I roll out for pies and quiches. I bake the pie shell (weighed down with pie weights or dry beans on parchment paper to prevent air bubbles) for 20 minutes at 350 degrees until golden brown. Remove from the oven and add the remaining ingredients. Bake the fully formed quiche for approximately 50 - 60 minutes or until pie custard is firm at the center. Enjoy!
- Ingredients for the vegetables, custard & cheese:
  - Red, orange or green peppers
  - Green onions – scallions
  - Mushrooms – your choice of variety
  - Asparagus
  - 3 – 4 eggs -- beat
  - 2 C. Whole milk or ½ & ½
  - Cheeses: 2 C. (total) shredded gruyere, plus gouda &/or other of your choice
  - Sometimes I add 1 C. Cottage Cheese or Feta Cheese crumbles
- Mixing Instructions for a 9" deep dish quiche
  - Lightly sauté the veggies – so you end up with about 2 C. total – more is always good, but you want enough room for the milk & egg custard to work.
  - Spread the shredded cheeses on the bottom of the baked pie crust.
  - Spread the sautéed veggies over the cheese layer;
  - Add Cottage Cheese or Feta;
  - Add the mixed milk and eggs. The mixture of cheese, veggies milk & eggs should fill the pie crust nearly to the top. Sprinkle with shredded Parmesan if desired.
- Bake the quiche on a middle rack in the oven at 350 degrees for up to an hour, or until the custard has become firm in the center of the pie. Let pie rest for 15 minutes and serve with green salad and grains.
- You can experiment with different vegetables and cheeses, as you like, but you always want the eggs and milk to make the custard turn it into a sliceable pie.