



Quiche

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I love quiche. It's so versatile and great for a snack, brunch, lunch, or dinner. Add soup or a salad and have a complete meal.

I use my basic custard recipe and then change the "additional ingredients" each time I make a quiche. In these photos my additional ingredients were steamed carrots, broccoli and peas (about 1/2 cup total). I've also used spinach, and added proteins like chicken to the veggies. Left over rotisserie chicken is great in a quiche.

Make your life easy and use a premade frozen pie crust. Lay your additional ingredients at the bottom of the crust then pour in the custard. Bake at 350 degrees for 40-50 minutes. The top should be golden and the custard should be set. Let cool before slicing.

Basic custard for Quiche

4 eggs beaten

3/4 cup heavy cream

3/4 cup milk (whole or lowfat)

salt and pepper to taste

3/4 to 1 cup shredded cheese (anything you like... I use an Italian cheese blend, Monterey jack, or mozzarella)