

SIMPLY

Quiche



THE BASIC

Quiche

SERVES: 4-6
PREP TIME: 5 minutes
BAKE TIME: 30-35 minutes



INGREDIENTS

9-inch (23 cm) pre-baked pie shell
4 large eggs

¾ cup (175 mL) 5% light cream or milk
¼ tsp (1 mL) each salt and pepper

1. PREP & MIX

Pre-heat oven to 375°F (190°C). Whisk eggs, milk, salt and pepper in a large mixing bowl.

2. FILL & BAKE

Spread filling ingredients in pie shell. Pour egg mixture over filling. Bake for 30 to 35 minutes or until filling is set.

3. SERVE & ENJOY

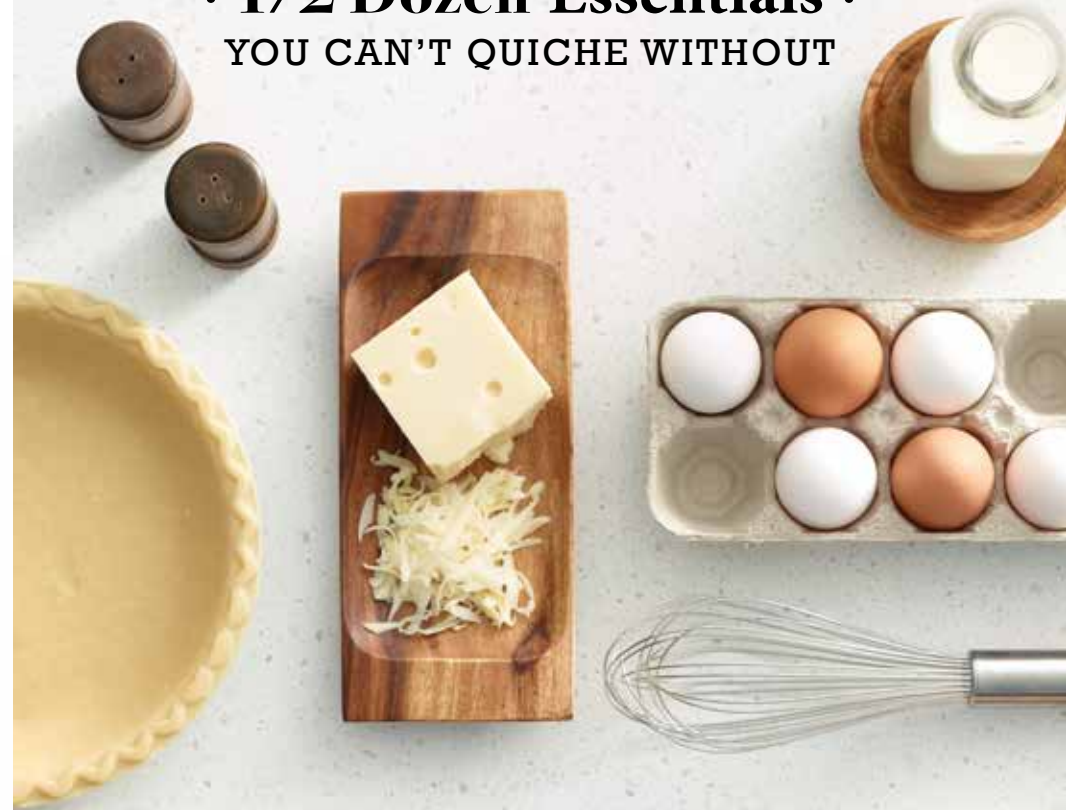
Let stand 5 to 10 minutes before serving. Share with family and friends.

Pre-bake pie shell: Pre-heat oven to 400°F (200°C). Line shell with foil and fill with weights or dried beans. Bake 10 to 15 minutes or until edges are lightly browned. Set aside to cool.

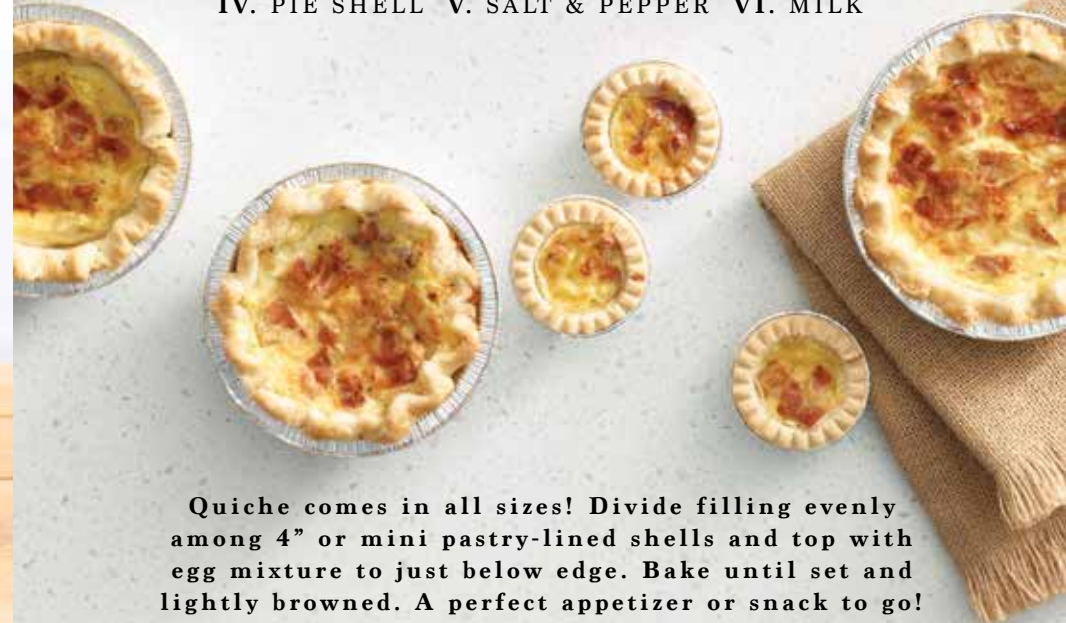
Filling ingredients: Get creative by combining whatever items you love.



• 1/2 Dozen Essentials • YOU CAN'T QUICHE WITHOUT



I. FRESH EGGS II. WHISK III. CHEESE
IV. PIE SHELL V. SALT & PEPPER VI. MILK



Quiche comes in all sizes! Divide filling evenly among 4" or mini pastry-lined shells and top with egg mixture to just below edge. Bake until set and lightly browned. A perfect appetizer or snack to go!

Fall Harvest Quiche



RECIPE

SERVES:

4 - 6

PREP-TIME:

30 minutes

BAKE TIME:

30 - 35 minutes

INGREDIENTS

1 tbsp (15 mL) butter
1 medium onion, thinly sliced
½ tsp (2 mL) each dried rubbed sage, thyme and rosemary
¼ tsp (1 mL) each nutmeg and pepper
¾ cup (175 mL) cooked cubed butternut squash*
1½ cups (375 mL) chopped fresh kale
1 9-inch (23 cm) deep-dish pie shell, baked
¾ cup (175 mL) crumbled Feta cheese

EGG MIXTURE

4 large eggs
¾ cup (175 mL) 5% light cream or milk
¼ tsp (1 mL) each salt and pepper

DIRECTIONS

Pre-heat oven to 375°F (190°C). In medium skillet, melt butter over medium heat. Add onion, sage, thyme, rosemary, nutmeg and pepper; cook. Stir occasionally, until caramelized, about 8 minutes. Stir in squash and kale and cook covered for about 5 minutes, stirring occasionally, until kale is tender. Cool slightly and spread evenly over baked pie shell. Sprinkle with cheese. Whisk together egg mixture and pour over filling. Bake 30 to 35 minutes or until filling is set.

*Cooking squash: to get ¾ cup (175 mL) cooked squash, microwave 1 cup (250 mL) cubed (½-inch/1 cm) squash with 1 tbsp (15 mL) water, covered, for about 3 minutes on high or until tender. Drain.

TIP Try substituting sweet potato for squash and spinach for kale.

Quiche Lorraine



RECIPE

SERVES:

4 - 6

PREP-TIME:

10 minutes

BAKE TIME:

30 - 35 minutes

INGREDIENTS

1 tsp (5 mL) butter
½ cup (125 mL) chopped onion
1 cup (250 mL) shredded Swiss cheese, divided
8 slices (250 mL) cooked bacon, chopped
1 9-inch (23 cm) deep-dish pie shell, baked
½ tsp (2 mL) ground mustard
⅙ tsp (0.5 mL) nutmeg
pinch cayenne pepper

EGG MIXTURE

4 large eggs
¾ cup (175 mL) 5% light cream or milk
¼ tsp (1 mL) each salt and pepper

DIRECTIONS

Pre-heat oven to 375°F (190°C). In medium skillet, melt butter over medium heat. Add onions, stirring occasionally, until softened, about 3 minutes. Cool slightly and spread over base of baked pie shell. Sprinkle with half the cheese, then bacon and remaining cheese. Whisk mustard, nutmeg and cayenne pepper into egg mixture and pour over filling. Bake 30 to 35 minutes or until filling is set.

TIP Substitute diced ham for bacon for some variety in taste and texture.

Spring Primavera



RECIPE

SERVES:

4 - 6

PREP-TIME:

10 minutes

BAKE TIME:

30 - 35 minutes

INGREDIENTS

1 tbsp (15 mL) butter
¾ cup (175 mL) 1-inch (2.5 cm) pieces fresh asparagus
¼ cup (50 mL) chopped onion
¼ cup (50 mL) diced sweet red pepper
¼ cup (50 mL) frozen green peas, thawed
1 9-inch (23 cm) deep-dish pie shell, baked
¾ cup (175 mL) shredded Asiago or Havarti cheese
2 tbsp (30 mL) chopped fresh dill

EGG MIXTURE

4 large eggs
¾ cup (175 mL) 5% light cream or milk
¼ tsp (1 mL) each salt and pepper

DIRECTIONS

Pre-heat oven to 375°F (190°C). In medium skillet, melt butter over medium heat. Cook asparagus, onion and red pepper, stirring occasionally, until tender, about 5 minutes. Stir in peas and cook 1 minute longer. Cool slightly, then spread over base of baked pie shell. Sprinkle with cheese and dill. Whisk together egg mixture and pour over filling. Bake 30 to 35 minutes or until filling is set.

TIP Shredded Cheddar cheese also works well in this recipe.

Chicken Caprese



RECIPE

SERVES:

4 - 6

PREP-TIME:

15 minutes

BAKE TIME:

30 - 35 minutes

INGREDIENTS

¾ cup (175 mL) cubed cooked chicken
½ cup (125 mL) small grape or cherry tomatoes, halved
1 large ball bocconcini cheese (about 50 grams), finely diced
¼ cup (50 mL) chopped fresh basil
1 9-inch (23 cm) deep-dish pie shell, baked

EGG MIXTURE

4 large eggs
¾ cup (175 mL) 5% light cream or milk
¼ tsp (1 mL) each salt and pepper

DIRECTIONS

Pre-heat oven to 375°F (190°C). Spread chicken and tomatoes over base of baked pie shell. Sprinkle evenly with cheese, then basil. Whisk together egg mixture and pour over filling. Bake 30 to 35 minutes or until filling is set.

TIP Substitute cooked turkey or ham for the chicken.



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