

SKILL → EASY

Quiche 4 WAYS

Made-from-scratch quiche is a standout savory pie, and we've raised the bar with four delicious flavor variations.

ACTIVE TIME → 25 MINUTES TOTAL TIME → 1 HOUR 25 MINUTES (PLUS COOLING) MAKES → 6 SERVINGS

INGREDIENTS

PIECRUST

1 refrigerated ready-to-use piecrust (for a 9-inch pie), softened as the label directs

CUSTARD

4 large eggs
1¼ cups whole milk
½ teaspoon salt
choice of filling

1. Preheat oven to 375°F.

2. **Prepare Pie Shell:** Line 1 (9-inch) pie plate with piecrust. Gently press dough against bottom and up side of pie plate without stretching it. Fold overhang under itself and crimp as desired. Line crust with parchment paper or foil and fill with pie weights or dried beans. Bake for 15 minutes or until beginning to set. Remove liner and weights. Bake for 10 to 13 minutes longer or until edge is golden and bottom is baked through. Cool crust on wire rack while you prepare Custard. Keep oven on.

3. **Prepare Custard:** In large bowl with wire whisk, beat eggs, milk, and salt. Stir in flavor variation of choice. Pour into cooled pie shell. Bake for 35 to 45 minutes or until center is just set. Cool quiche on wire rack for 15 minutes. Serve warm or at room temperature.



In 12-inch skillet, cook ~~1/2 pound thick-cut bacon~~, ~~crisp~~, stirring occasionally. With slotted spoon, transfer bacon to paper towel-lined plate. To same skillet, add 8 ounces asparagus, sliced on an angle. Cook for 2 minutes, stirring. Cool slightly; stir bacon, asparagus, and 1 cup shredded Gruyère cheese into custard.

EACH SERVING: About 350 Calories, 17G Protein, 20G Carbohydrate, 23G Total Fat (10G Saturated), 1G Fiber, 830MG Sodium

→ Ham & Spinach Quiche Filling

In 12-inch skillet, heat 1 tablespoon olive oil over medium-high heat. Add 1 medium onion, thinly sliced, and 1/4 teaspoon black pepper. Cook for 5 minutes or until the onion starts to brown. Reduce heat to medium-low; add 2 tablespoons water. Cover and cook for 10 minutes, stirring occasionally. Stir in 1/2 (6-ounce) bag baby spinach. Cook for 2 minutes or just until wilted, tossing. Cool slightly; stir into custard along with 4 ounces thick-cut deli ham, chopped.

EACH SERVING: About 265 Calories, 11G Protein, 22G Carbohydrate, 25G Total Fat (13G Saturated), 0G Fiber, 746MG Sodium

→ Pimento Cheese Quiche Filling

Stir 2 cups shredded extra-sharp Cheddar cheese; 1 jar (4 ounces) chopped pimentos, drained; 2 green onions, thinly sliced; 2 teaspoons hot pepper sauce; and 1 teaspoon Worcestershire sauce into custard.

EACH SERVING: About 365 Calories, 17G Protein, 20G Carbohydrate, 25G Total Fat (13G Saturated), 0G Fiber, 746MG Sodium

→ Mushroom & Zucchini Quiche Filling

In 10-inch skillet, heat 2 teaspoons olive oil over medium-high heat. Add 8 ounces sliced mushrooms and 2 cloves garlic, finely chopped. Cook for 8 to 10 minutes or until browned, stirring occasionally. Cool slightly. Stir mushrooms; 1 1/4 cups grated zucchini, patted very dry; 1/2 cup crumbled feta cheese; and 1/4 teaspoon black pepper into custard.

EACH SERVING: About 260 Calories, 10G Protein, 21G Carbohydrate, 16G Total Fat (7G Saturated), 1G Fiber, 516MG Sodium

