
BACON ASPARAGUS QUICHE

[MAKES 8 SERVINGS]



INGREDIENTS

1 WHOLE WHEAT PIE CRUST
3 EGGS
1 1/2 CUPS MILK
4 STRIPS OF BACON, COOKED AND CRUMBLed
1 CUP ROASTED ASPARAGUS, CUT INTO 1 IN. PIECES
1 SMALL ONION, CHOPPED
1 CUP MUSHROOMS, CHOPPED
1/4 TSP SALT
1 CUP SHARP CHEDDAR CHEESE, SHREDDed
1 TABLESPOON FLOUR

DIRECTIONS

Follow the instructions to make the pie crust. You'll only use half the crust recipe for this dish, so save the other half in the fridge or freezer to use in another recipe.

Preheat oven to 450 degrees F. Transfer the dough to a lightly floured surface. Roll the dough out with a rolling pin until it is about 12 inches in diameter and 1/8-inch thick. Flip and turn it frequently while you roll to prevent the dough from sticking. Transfer the dough to a 9-inch quiche dish or 9-inch pie pan.

Line the pie crust with foil and fill with pie weights. (You can also use rocks from the garden, after a thorough scrubbing, of course.)

Bake the covered/weighted crust for 5 minutes. Remove the foil and weights and bake for an additional 5-7 minutes. Remove from the oven and reduce the heat to 325 degrees F.

To make the quiche filling, first saute the onion and mushrooms in a little bit of olive oil. In a large bowl, whisk together the eggs and milk. Add the bacon, onion, mushrooms, asparagus and salt. Mix well.

In a separate bowl, toss together the cheese and flour. Add the cheese to the rest of the ingredients and stir. Pour the mixture into the pre-baked crust and bake for 35-40 minutes or until the filling is almost completely set, but still a bit jiggly in the middle. Let rest for 15-20 minutes before serving.

NUTRITION INFORMATION

{Serving size = 1/8 of the quiche} 250 calories, 17g fat, 4.5g carbs, 3g fiber, 11.7g protein