

From our kitchen to yours



Mini Quiche

Courtesy of Robin Stone

PREP TIME: 5 min COOK TIME: 15 min TOTAL TIME: 20 min YIELDS: 4 dozen

Ingredients:

1	pie crust recipe (optional)	6	large eggs, beaten
1 cup	heavy cream		salt and pepper to taste
Pinch	cayenne pepper	1 1/2 cups	grated cheddar cheese

Optional add-ins:

spinach, chopped	broccoli, chopped
mushrooms, diced	garlic, minced
bacon, cooked and crumbled	ham, cooked and diced
seafood cooked and chopped	

Directions:

Preheat oven to 375F. Spray mini muffin tin with non-stick cooking spray and set aside.

Using a small round cutter, cut pie crust and place into indentations of the muffin tins and place in the oven to pre-bake for about 15 minutes. Alternately, you can place each of the pre-made phyllo cups into the muffin tin. For a crust-less mini quiche, simply omit.

Whisk together eggs and heavy cream until light and fluffy. Add salt, pepper and cayenne pepper until well combined. Stir in cheese. Pour into pie shells and top with add-in options as desired. Bake for 15-25 minutes until egg mixture is set. Remove from the oven and let rest about 5 minutes before serving.

Serve warm.

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NOTE:

Once they have been completely cooked and cooled, you can flash freeze them for about 30 minutes to an hour.

Then, place them in the freezer safe zip top bag or freezer safe container, label them for the type or types of quiche included in the container, and freeze them for later use for up to two months. Reheat in a 375f for 8-10 minutes or in the microwave at 70% power for 30-45 seconds. Take care not to overheat as they will become tough.

