

Kristen's Kitchen Sink Quiche Recipe

We have backyard chickens (aka. "the Ladies") and since we always have an abundance of eggs in the summer, I make a lot of quiche. And I mean A LOT! This is my basic recipe that is perfect for using whatever veggies you have on hand! If you happen to have an empty fridge (it's ok, it happens to the best of us!) then use your favorite veggies! Some of my favorites to add to quiche are: spinach, mushrooms, sautéed zucchini, peppers, sun dried tomato, kale, chard, asparagus...you name it! Enjoy!



Makes Two 8" Quiches

Ingredients:

- 1 c meat (bacon or ham are great options, or sub an extra cup of veggies!)
- 1 c your favorite cheese (cheddar, swiss, gouda or goat are all delish!)
- 1/3 c chopped onion
- 1 1/2 c veggies (leafy greens, zucchini, asparagus, fresh tomato, sun dried tomato, mushrooms, peppers, etc. Use what you have on hand that needs to get used!)
- 2/3 c heavy whipping cream
- 6-7 large eggs, separated
- 2 medium pre made pie shells (or your favorite pie crust recipe)

Directions:

1) Pre-heat oven to 375 degrees. In a medium skillet, heat olive oil and saute onions and non-leafy veggies together. Add any leafy veggies and heat to just

wilted. Add any meat if using (pre-cooked), cover and remove from heat. Let cool for a bit.

2) In a large bowl, beat egg whites to stiff peaks, then slowly add whipping cream to a custard-like consistency. Add egg yolks one at a time, maintaining the custard-like consistency. (If you are short on time and want to skip this step, you can do so, but add an extra egg or two depending on their size.)

3) Add filling by large spoonfuls into egg mixture, adding shredded cheese in between. Reserve about 1/4 cup of cheese back.

4) Add egg mixture evenly between 2 pre-made pie shells. Sprinkle the remaining cheese on top of each.

5) Place each quiche on a cookie sheet mid-oven and bake for approximately 25 to 30 minutes or until a toothpick comes out of the center clean. Cook time may be different in wetter climates, at elevation, or because of oven differences, so if your quiche isn't quite done at 30 mins, keep checking every 5 minutes until it is. When golden brown on top, pull from oven and cool for about 10 minutes. Slice and serve.

****Tip:** I often make one quiche to eat and one to freeze for a rainy day. To serve the frozen one, remove from freezer, defrost in fridge overnight, and reheat in oven at 350 degrees until heated through. You can also remove the quiche you intend to freeze from the oven 10 minutes early to prevent over-browning when you re-heat it.