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Where you can find locally raised meat, milk and eggs!

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Healthy Version of Quiche - Quiche Lorraine, Mushroom and/or Broccoli Quiche

Quiche tastes great... but with heavy cream, egg yolks and bacon, it can be a fat, calorie and cholesterol bomb. Here's how to make quiche that is actually a healthy dish, which would be approved by your doc, dietician or cardiologist. And surprise: it tastes as good as the original!

And it a time of ever-increasing food prices, this quiche is a great value, see the cost summary at the bottom of the page.

Prep time: 20 to 30 minutes

Cook time: 40- 45 minutes

Total time: about 1 hour, 20 minutes

Yield: 6 servings

Easy to make!

Ingredients

- 1 pint container of Egg Beaters, egg or whites (about 12 eggs)
- 3/4 cup fat free half and half
- 1 tablespoons butter or olive oil (to sauté the onions and mushrooms)

- 1/2 cup finely chopped onions
- 1/2 lb mushrooms, stemmed, thinly sliced
- 8 pieces of cooked bacon (it's optional... it's the one unhealthy ingredient,; you could use ham, or cooked crab)
- 1/2 pound - about a half crown of broccoli, chopped, instead!)
- 1/4 grated Gruyere, Swiss or Jarlsberg cheese - Costco has low-fat versions!
- 1/2 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 medium sweet onion, diced (1/8 to 1/4 sized pieces)
- 1 pie crust (9 inch),



Equipment

- Large (9 or 10 inch) pie dish
- Cutting board, knife
- Mixing bowl
- Measuring cups

Directions

Step 1 - Preheat the oven

Preheat the oven to 350 degrees F.

Step 2 - Sautee the onions and mushrooms

Sautee the onions and slice mushrooms with the butter or oil until lightly golden.



Add any diced broccoli for the last minute.



Step 3 - Grease the pie plate, add the crust.

Grease the pie plate and put the dough in the pie plate.

You can [make a pie crust](#), or if you are in a hurry, use a ready made crust.



Step 4 - Add the dry ingredients to the pie crust

Spread the crumbled, cooked bacon over the crust.



Next add the sautéed onions, mushrooms and/or broccoli.



Finally, put the Swiss cheese on top.

Step 5 - Whisk the eggs, half and half and remaining spices

Whisk together Egg Beaters, half and half salt (if desired), pepper, and nutmeg.



Step 6 - Pour the egg mixture into the pie crust

Pour egg mixture into crust.

As a garnish, sprinkle any remaining cheese on top.



Step 7 - Bake

Bake at 350 F for 40 - 45 minutes or until lightly browned

and a clean knife inserted in the middle comes out clean.



Step 8 - Cool a bit and enjoy!



That's all there is to it. Let cool for about 10 minutes, it is VERY hot!

Cost Summary

Prices from November 2022

- Pie crust \$2
- Egg whites - Costco - \$2
- Mushrooms \$2
- Bacon, 3 slices, cooked - \$1.50
- Swiss cheese, 1/2 lbs - \$2.50
- Half and half, 3/4 cup \$1.00
- Other ingredients, \$2.00

Total, \$13 or \$2.17 per serving