



# Vegetable Quiche

4 generous or 5 medium slices

- 1 9-inch crust (Pillsbury rolled pie crust give best results)
- 4 eggs
- 1 tablespoon flour
- ½ teaspoon salt
- A couple dashes of freshly ground nutmeg
- 1 teaspoon Dijon mustard (optional)
- 1 cup half & half
- 1/3 cup milk
- 1 cup mixed cheese (example: swiss & cheddar or parmesan & cheddar)
- 1 small zucchini thinly sliced
- ¼ cup chopped red pepper
- ¼ cup chopped green onion

Lightly sauté the zucchini and red pepper in olive oil. Squeeze dry with paper towel.  
Dust the pie plate with flour. Press dough onto pie plate. Bake for 6 minutes at 350 degrees F .

While pie shell is cooling, using an electric mixer, mix together the eggs, salt, flour, nutmeg, mustard, half & half and milk.

Place the zucchini, red pepper and onions evenly in the pie shell; sprinkle the cheese on top. Add the egg mixture. You can add a small amount of milk if the pie shell does not look quite full enough.

Bake quiche at 400 degrees for 12 minutes. Turn heat down to 350 degrees and bake another 35-38 minutes or until golden brown and set in the middle when a knife is inserted. Cool a few minutes before cutting.

Cut into 4 generous or 5 medium slices.  
For 2 or 3 quiches just double or triple this recipe.