

# Breakfast

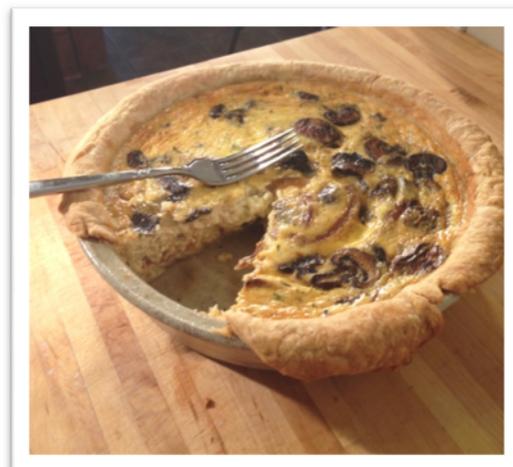
## Mushroom and Onion Quiche

*\*Vegetarian*

Quiche can be prepared in so many ways. Make it for a Saturday brunch and then complement it with a salad for perfect Monday lunch!

### You'll Need

- Pie Crust (see Flaky Piecrust Recipe)
- Flour
- 1 large onion
- 6 eggs
- Olive oil
- Salt and pepper
- 1/2 teaspoon nutmeg
- Pinch of cayenne
- 1 cup of sliced mushrooms
- 1/2 teaspoon fresh or dried thyme
- 2 cups half n half
- 2 cups of Emmanta cheese (or cheese of choice)



### Directions

- Preheat the oven to 425°F.
- Take pie crust dough place on floured board and start rolling out dough in a circular direction. Once thinned out, place into pie pan, and press down. Allow some extra crust to hang over edge, but cut anything that lays too far over. Take a fork and poke holes in crust to allow some air. Place in oven and cook for 12 minutes then remove crust from oven and reduce heat to 325°F.
- While pie crust cooks, take onion and slice into pieces. On stove top, put burner on high. Coat bottom of pan with olive oil and allow pan to heat. Add onions and lower heat. Turn onions occasionally. When onions start to brown and are almost done, add mushrooms and cook for an additional 3 minutes. Remove onions and mushroom mixture when cooked and add to a bowl to let cool.
- While onions cook, take eggs and crack them into a medium sized bowl. Beat eggs and add salt, pepper, nutmeg, cayenne pepper, thyme, and cheese. Mix. Add half n half. Once mushroom and onion mixture is cooled, slowly add to egg mixture.
- Pour mixture into pie crust. Cook for 40 minutes.

### Play With Your Food:

- Use different vegetables: roasted red peppers, tomatoes, broccoli.
- Use cream rather than half n half.

Medwell Kitchen Tested