

Asparagus Quiche

DEVELOPED BY: Chefs Anita, Carolyn, Patty and Maria at Northern Michigan University

Servings: 8

Ingredients	Quantity	Measure
Pie crust (see recipe)	2	Each
Dijon mustard	1	Tablespoon
Vegan butter	1	Tablespoon
Yellow onion, diced finely	1	Each
Finely chopped dill, fresh	¼	Cup
Asparagus, cooked, chopped	1	Pound
Moocho shredded cheddar	1 ½	cups
JUST egg	1	Cup
Salt	½	teaspoon
Pepper	¼	teaspoon
Nutmeg	¼	teaspoon
Cayenne pepper		pinch

Preparation

1. Preheat oven to 375 degrees.
2. If pie crust does not come in a pie pan, place it into one. Brush the inside of the pie shell with Dijon mustard.
3. Melt butter in a large skillet and add the chopped onion. Cook on medium-low heat until onion is softened but not browned.
4. Add dill and chopped asparagus to skillet and mix well.
5. Scoop asparagus mix into the pie shell, then sprinkle with cheddar.
6. Whisk JUST egg in a medium bowl. Mix in the salt, pepper, nutmeg and cayenne.
7. Pour egg mixture over the asparagus and cheese.
8. Bake 30-40 minutes until the center is just set but still jiggles slightly when moved.
9. Remove from oven and let cool 10 minutes before slicing to serve.

Notes

If you don't have fresh dill you can use 1 teaspoon dried dill.

