

## Quiche with Self-Forming Crust

Start the morning with Quiche! It packs a punch with the fresh, healthy flavors of red bell peppers, eggs, spinach, and cheese.

### CACFP Home Childcare Crediting Information

One 2" x 3 3/4" piece provides 1/2 cup vegetable (1/8 cup additional vegetable, 3/8 cup other vegetable), and 1 oz equivalent meat alternate.



**Preparation Time:** 20 minutes

**Cooking Time:** 45 minutes

**Makes:** 6 servings

### Ingredients

- 1 1/8 cups or 8 oz Frozen whole eggs, thawed
- 1 1/2 cups or 12 oz Nonfat milk
- 1/2 cup or 2 1/2 oz Whole-wheat flour
- 1/4 tsp Baking powder
- 1/2 tsp Salt
- 1/4 tsp Ground black or white pepper
- 1/8 tsp Ground nutmeg
- 2 cups or 8 oz Fresh onions, diced
- 2 cups or 8 oz Fresh red bell peppers, diced
- 2 cups or 2 oz Fresh spinach, chopped
- 1/3 cup or 1 oz Low-fat cheddar cheese, shredded

### Directions

- 1 Preheat oven:  
Conventional oven: 400 °F.  
Convection oven: 375 °F.
- 2 Pour eggs into a mixer. Using a wire whip attachment, mix on low speed for 2 minutes. DO NOT OVERMIX.
- 3 Add milk, flour, baking powder, salt, pepper, and nutmeg (optional). Mix for 4 minutes on low speed.
- 4 Combine onions, peppers, spinach, and egg mixture in a large mixing bowl. Stir well.
- 5 Pour egg and vegetable mixture into a baking dish (8" x 8" x 2") lightly coated with pan release spray.
- 6 Sprinkle cheese over egg mixture.
- 7 Reduce heat on oven and bake at:  
Conventional oven: 375 °F for 35 minutes.  
Convection oven: 325 °F for 25 minutes.
- 8 Critical Control Point:  
Heat to 165 °F or higher for at least 15 seconds.
- 9 Critical Control Point:  
Hold at 140 °F or higher until served.
- 10 Cut each dish into 6 pieces (2" x 3 3/4").
- 11 Serve one - 2" x 3 3/4" piece.

### Source:

CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving:** Calories 149, Protein 11 g, Carbohydrates 18 g, Dietary Fiber 2 g, Total Sugars 6 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 143 mg, Sodium 344 mg, Vitamin A 192 mcg RAE, Vitamin C 64 mg, Vitamin D 60 IU, Calcium 140 mg, Iron 1 mg, Potassium 343 mg

