

# PERFECT BASIC QUICHE RECIPE



## INGREDIENTS

- 5 eggs
- 1 cup heavy cream
- 2 cups sautéed, roasted or fresh veggies
- 1 1/2 c cheese
- 1 c meat (very optional)

## DIRECTIONS

If using meat, cook it and set it aside.

Stir fry any vegetables you are using and set aside also.

Whip eggs with the heavy cream.

Layer Pie pan with meat first, top with veggies, cheese, then eggs and cream. Bake at 350\*f for 45-50 minutes until knife comes out clean and top is light brown.

let cool for at least 30 minutes before serving.

*This recipe is so versatile. You can have combinations of as many different meats and cheeses as you can imagine. Use two kinds of meats and 3 cheeses if you wish, just make sure the total adheres to the basic recipe.*

*Our favorite is to caramelize one onion, and stir fry or roast enough zucchini to reach two c of veggies, and for the cheeses, we used about 1/2 c goat cheese and 1 1/2 mozzarella cheese. It tastes amazing.*