

# **Asparagus Mushroom Quiche**

Trisha Kruse - Eagle, ID

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**Servings: 8**

**Preparation Time: 20 minutes**

**Bake Time: 30 minutes**

**1 sheet refrigerated pie pastry**  
**1 pound fresh asparagus, cut into 1-inch pieces**  
**1 medium onion, chopped**  
**1 cup fresh mushrooms, sliced**  
**2 tablespoons butter**  
**3 eggs**  
**1 1/3 cups heavy whipping cream**  
**2 teaspoons fresh basil, minced**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**

Preheat oven to 375 degrees.

Unroll the pastry into a 9-inch deep-dish pie plate. Flute the edges.

Place the asparagus in a steamer basket. Place the basket in a large saucepan over one inch of water. Bring to a boil. Cover and steam for 3 to 5 minutes or until crisp-tender.

In a large skillet, saute' the onion and mushrooms in butter until tender. Stir in the asparagus. Transfer to the crust.

In a small bowl, whisk the eggs, cream, basil, salt and pepper. Pour over the top.

Bake for 30 to 35 minutes or until a knife is inserted near the center comes out clean.

Let stand for 10 minutes before serving.

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Per Serving (excluding unknown items): 210 Calories; 20g Fat (80.9% calories from fat); 5g Protein; 6g Carbohydrate; 2g Dietary Fiber; 142mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.