

Basic Herb Quiche

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

Bake Time: 40 minutes

1 refrigerated rolled pie crust
2 teaspoons olive oil
1 large onion, finely chopped
Kosher salt and pepper to taste
3/4 cup fresh flat-leaf parsley, chopped
4 large eggs
3/4 cup sour cream
1/2 cup whole milk
1/4 teaspoon fresh nutmeg (optional), grated
1 cup (4 oz) Gruyere or Swiss cheese, grated

Preheat oven to 425 degrees.

Fit the pie crust into and up the sides of a pie plate; fold the edge of dough underneath itself to create a thicker 1/2-inch border that rests on the lip of the pie plate and crimp as desired. Place on a rimmed baking sheet and bake until lightly golden, about 12 to 15 minutes. Remove and reduce oven heat to 375 degrees.

Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and 1/4 teaspoon of salt and 1/4 teaspoon of pepper; cook, stirring occasionally until soft, about 5 to 7 minutes. Stir in the parsley; remove from heat.

In a large bowl, whisk together the eggs, sour cream, milk, 1/4 teaspoon salt, 1/4 teaspoon pepper and nutmeg, if using. Gently stir in the onion mixture and Gruyere cheese..

Pour the egg mixture into the crust. Bake until just set and a knife inserted in the center comes out clean, about 35 to 40 minutes.

Let rest 5 minutes before serving.

Per Serving (excluding unknown items): 110 Calories; 9g Fat (70.9% calories from fat); 5g Protein; 3g Carbohydrate; trace Dietary Fiber; 118mg Cholesterol; 58mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.