

Misc.

Roasted Asparagus and Goat Cheese 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
1 teaspoon olive oil
1/2 pound asparagus, trimmed and cut into 1-inch pieces
Kosher salt and pepper to taste
4 large eggs
3/4 cup sour cream
4 scallions, sliced
2 tablespoons mint leaves, chopped
1/2 cup whole milk
1/4 teaspoon fresh nutmeg (optional), grated
1 cup (4 oz) fresh goat 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.

On a rimmed baking sheet, toss asparagus, olive oil, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Roast on the oven rack underneath the quiche shell until just tender, about 6 to 8 minutes.

In a large bowl, whisk together the eggs, sour cream, milk, 1/4 teaspoon salt, 1/4 teaspoon pepper, scallions, mint leaves and nutmeg, if using. Gently stir in the onion mixture and goat 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): 104 Calories; 8g Fat (69.5% calories from fat); 5g Protein; 3g Carbohydrate; 1g Dietary Fiber; 118mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.