

Asparagus Quiche

Michele O'Sullivan

All Recipes Magazine - April/May 2021

Servings: 8

1 pound fresh asparagus, trimmed
10 slices bacon
1 unbaked refrigerated pie crust
1 egg white, slightly beaten
2 cups shredded Swiss cheese
1 1/2 cups half-and-half
4 large eggs
1/4 teaspoon nutmeg
1/4 teaspoon salt
1/4 teaspoon black pepper

Preparation Time: 20 minutes

Cut one-half of the asparagus into one-inch pieces. Leave the remaining spears whole. Set the pieces and whole spears in a steamer over one inch of boiling water. Cover and cook until crisp-tender, about 4 minutes. Drain and cool.

Meanwhile, cook the bacon in a large skillet over medium heat until evenly browned and crisp. Drain and crumble.

Position the oven rack in the lower third of the oven. Preheat the oven to 400 degrees.

Transfer the pie crust to a nine-inch pie plate. Trim the edges and flute or crimp as desired. Brush with beaten egg white. Sprinkle the bacon and chopped asparagus into the pie crust. Top with shredded cheese.

In a bowl, whisk together the half-and-half, eggs, nutmeg, salt and pepper. Pour over the cheese in the crust. Arrange the asparagus spears on top.

Bake until a knife inserted in the center comes out clean, about 40 minutes. Transfer to a wire rack. Cool to room temperature before cutting into eight wedges and serving.

Per Serving (excluding unknown items): 205 Calories; 14g Fat (62.6% calories from fat); 15g Protein; 4g Carbohydrate; 1g Dietary Fiber; 139mg Cholesterol; 310mg Sodium. Exchanges: Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 1/2 Fat.