

Blue Cheese Quiche with Caramelized Pears

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Servings: 8

Preparation Time: 25 minutes

Bake Time: 30 minutes

1 sheet frozen puff pastry, thawed

8 strips turkey bacon, diced

1 cup (4 oz) crumbled blue cheese

8 eggs

1 cup heavy whipping cream

1/2 cup Parmesan cheese, shredded

3/4 teaspoon salt

1/2 teaspoon ground nutmeg

1/2 teaspoon pepper

TOPPING

1 medium onion, thinly sliced

2 teaspoons olive oil

3 medium pears, thinly sliced

1 tablespoon brown sugar

Preheat the oven to 350 degrees.

Unfold the puff pastry. Press into a greased 9-inch fluted tart pan with a removable bottom.

In a large skillet, cook the bacon over medium heat until crisp. Spoon the bacon into the crust and sprinkle with blue cheese.

In a large bowl, whisk the eggs, cream, Parmesan cheese, salt, nutmeg and pepper. Pour over the top.

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

Meanwhile, in a large skillet, saute' the onion until tender.

Add the pears and brown sugar. Cook 4 minutes longer.

Serve with the quiche.

Per Serving (excluding unknown items): 350 Calories; 26g Fat (67.2% calories from fat); 15g Protein; 14g Carbohydrate; 2g Dietary Fiber; 282mg Cholesterol; 795mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.