

Jalapeno Sausage Quiche

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Servings: 16

Yield: 2 quiches, 8 servings each

PASTRY FOR DOUBLE CRUST PIE

2 1/2 cups all-purpose flour

1/2 teaspoon salt

1 cup cold butter

1/3 to 2/3 cup ice water

QUICHE

1 pound bulk pork sausage

5 large eggs

1/2 cup 2% milk

1/3 cup mayonnaise

1 teaspoon salt

1 teaspoon pepper

2 cups shredded sharp cheddar cheese

1 can (4 ounce) diced jalapeno peppers, drained

5 green onions, chopped

Preparation Time: 30 minutes

Bake Time: 30 minutes

Prepare the pastry crust: In a bowl, combine the flour and salt. Cut in the cold butter until crumbly. Gradually add 1/3 to 2/3 cup of ice water, tossing with a fork until the dough holds together when pressed. Divide in half. Shape each into a disk and wrap tightly. Refrigerate one hour or overnight.

Preheat the oven to 400 degrees.

On a lightly floured surface, roll half of the dough to a 1/8-in-thick circle. Transfer to a nine-inch pie plate. Trim to 1/2-inch beyond the rim of the plate. Flute the edge. Repeat with the remaining dough for the second pie plate. Refrigerate for 30 minutes. Line the unpricked crusts with a double thickness of heavy-duty foil. Bake for 10 minutes. Remove the foil. Bake for 5 minutes longer. Cool on wire racks.

Meanwhile, in a large skillet, cook the pork sausage over medium heat until no longer pink, 7 to 9 minutes. Drain.

In a bowl, whisk the eggs, milk, mayonnaise, salt and pepper. Stir in the cheese, jalapenos, green onions and cooked pork. Pour into the crusts.

Bake until a knife inserted in the center comes out clean, 30 to 35 minutes. Cover the edges loosely with foil during the last 15 minutes if needed to prevent overbrowning. Remove the foil. Let stand for 10 minutes before cutting.

FREEZE OPTION

Cover and freeze the unbaked quiches. To use: remove from the freezer 30 minutes before baking (do not thaw). Preheat the oven to 400 degrees. Place on baking sheets. Bake as directed, increasing the time to 40 to 45 minutes.

Per Serving (excluding unknown items): 291 Calories; 22g Fat (67.3% calories from fat); 8g Protein; 16g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 458mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.