

Asparagus Cheddar Quiche

By Irmgard on November 07, 2003

★★★★★ 5 Reviews



Prep Time: 20 mins **Total Time:** 1 hrs 5 mins **Yield:** 1 quiche

About This Recipe

"I found this wonderful recipe in one of the calendars put out every year by the Ontario Milk Marketing Board. It's a great way to use up cooked asparagus if you have any left from Sunday dinner."

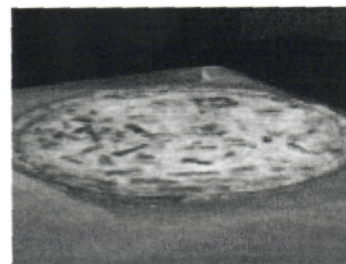


Photo by AliBrooklynBaker

Ingredients

- 1 partially baked pie shells (10 or 11 inch)
- 1 tablespoon Dijon mustard
- 2 tablespoons butter
- 1 onions, finely chopped
- 1/4 cup finely chopped fresh dill (or 1 tsp. dried)
- 1 lb cooked asparagus, coarsely chopped
- 1 1/2 cups grated old cheddar cheese
- 4 eggs
- 1 cup milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- nutmeg
- cayenne

Directions

1. Preheat oven to 375 degrees F.
2. Brush the partially baked pie shell with mustard.
3. Reserve.
4. Melt butter.
5. Cook onion until tender but do not brown.
6. Combine onion with dill, asparagus and cheese.
7. Spoon evenly into the pie shell.
8. Beat eggs.
9. Add milk, salt, pepper, nutmeg and cayenne.
10. Pour the mixture over the asparagus and cheese.
11. Bake 35 to 45 minutes or until just set.