

SHELLY'S HOMEMADE QUICHE

INGREDIENTS

- 8 eggs
- 4 oz of thinly sliced ham, finely chopped
- 1 cup of cheese, shredded
- 1 small bundle of green onions, chopped
- 1 deep-dish defrosted pie crust
- 1 tsp salt
- 1 tsp pepper
- 1 tsp basil
- 1 tsp parsley
- ½ cup of heavy cream



Recipe courtesy of Shelly from TKC Urology

DIRECTIONS

1. Mix the eggs, cheese, onions, ham, cream and seasonings together and pour into pie crust.
2. Bake at 350 degrees for 40-45 minutes. Just like a cake, place knife in center and if comes out clean, the quiche is done.



FOR A HEALTHY SPIN: Try adding extra vegetables by cooking onion, green pepper, mushrooms or zucchini. Heat olive oil in a skillet to medium heat, cook and stir vegetables until soft, 5-7 minutes. Mix into your egg mixture for some extra color!