

Crustless Quiche by Janette Mitchell

Prep time – 1 hour

Serves 6

Ingredients:

9 eggs

½ cup milk

1 bunch asparagus, chopped into ¼” rounds (reserve 4-5 whole pieces)

2 green onions, thinly sliced into rounds from greens to whites

1 cup of grated cheese (swiss or old cheddar)

3 tbsp chopped fresh dill

1/2 tsp of salt

¼ tsp pepper

Method:

Preheat oven to 350’

Generously grease a 9” pie plate with butter.

Whisk eggs & milk in a large bowl. Prep the remaining ingredients, saving a few whole asparagus and cut these lengthwise to place on the top of the quiche (this is just for aesthetics 😊)

Add all the ingredients into the bowl of eggs and milk, and then pour slowly into the greased pie plate.

Carefully place on middle rack (on a cookie sheet – to avoid spills) in preheated 350’ oven. Check at the 40 min mark, centre shouldn’t be too jiggly, if so leave in another 5 -7 mins. Let cool for 5-7 mins before cutting.