



Asparagus Tomato Quiche

Makes 6 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

- 1 baked pie crust (9-inch)
- 4 asparagus spears
- ¾ cup shredded Italian cheese blend
- 15 whole cherry tomatoes
- 6 large eggs
- ½ cup milk
- ⅓ cup sour cream
- ½ tsp. salt
- ¼ tsp. white pepper

Directions

1. Wash hands with soap and water.
2. Preheat oven to 325°F.
3. Gently rub asparagus and cherry tomatoes under cold running water.
4. Slice asparagus into 1-inch pieces and cut cherry tomatoes in half.
5. Heat 2 cups of water to boiling.
6. Blanch asparagus in boiling water for 1 minute. Drain.
7. Sprinkle cheese evenly over the bottom of pie crust. Place asparagus and tomatoes in an even layer over the cheese.
8. Break eggs into a large bowl.
9. Wash hands with soap and water after handling raw eggs.
10. Add milk, sour cream, salt, and pepper to the raw eggs. Beat until blended.
11. Carefully pour egg mixture over filling in the pie shell
12. Bake the egg dish on the center rack in the preheated oven until the internal temperature reaches 160°F on food thermometer.
13. Let stand 5 minutes. Cut into wedges and serve.

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