

Spring Onion & Sausage Quiche

Prep Time: 15 minutes plus pie crust chill time **Cook Time:** 30-45 minutes **Total Time:** 45-60 minutes

Servings: 8

Serving Size: 1 wedge

Ingredients:

1 leek, white and green parts, thinly sliced
 ½ a bunch green onions, coarsely chopped
 ½ a red onion, sliced into thin half moons
 6 ounces pre-cooked chicken or turkey breakfast sausage,
 sliced into bite size pieces
 1 tablespoon coconut oil
 1 teaspoon kosher salt, divided
 1 cup unsweetened non-dairy milk of choice
 5 large organic, pastured eggs
 1 tablespoon fresh rosemary, finely chopped

For the Homemade Crust:

2 ½ cups blanched almond flour
 1 tablespoon coconut flour
 ¾ teaspoon salt
 5 teaspoons ice water
 1 large egg, cold
 4 tablespoons organic ghee, chilled, cut into
 small pieces and then rechilled***

Directions:

1. To make pie crust, combine flours, salt, ice water and egg in the bowl of a food processor and mix until combined. Add cold ghee and process until mixture resembles coarse meal.
2. If it is too dry, add 1 tablespoon cold water at a time. If too moist, add a little coconut flour.
3. Form dough into a ball and then flatten the ball into a disc a place inside your pie plate. Then use your fingers to evenly spread dough to cover the bottom and up the sides of the pie plate.
4. Preheat oven to 325 degrees.
5. Then line pie crust with parchment paper and place pie weights inside or fill with 2 cups dried beans.
6. Bake for 8 minutes or until just lightly golden. Discard parchment and save beans for another use.
7. While your crust bakes, heat one tablespoon coconut oil in a large skillet over medium heat and add the sausage, leek, green onion, red onion, and ½ teaspoon salt.
8. Sauté until veggies are tender, about 15 minutes.
9. Whisk together eggs, milk, remaining ½ teaspoon salt, and rosemary until well combined.
10. Pour sausage-veggie mixture into the pie shell, then pour egg-milk mixture over it and spread all contents to distribute evenly using a spatula.
11. Bake at 375 degrees for 20-30 minutes or until a knife inserted in the center comes out clean. You may want to cover the edges of your pie crust with foil to prevent them from burning.
12. Let sit 10 minutes, then cut into 8 wedges and serve.

Tips and Tricks:

Beans make excellent pie weights and allow your crust to brown evenly instead of bubbling up weird. Just buy a bag of cheap beans and designate them your "pie weights". You can re-use them this way for up to a dozen times.

***Ghee is clarified butter - a lactose and casein free alternative to organic, grass-fed butter that acts and tastes very similar. Many folks with dairy sensitivities can tolerate ghee, since lactose and casein are typically the things that set off adverse reactions. If you cannot tolerate ghee, thinly slice a small sweet potato and layer the slices, slightly overlapping each other into cooking oil sprayed pie dish. Use the potatoes as your pie crust, then follow remaining steps of recipe as directed.

Nutritional Information Per Serving:

Calories: 411
Fat: 29 g
Cholesterol: 116.3 mg
Sodium: 522.1 mg
Total Carbohydrate: 14.7 g
Dietary Fiber: 4.3 g
Sugars: 5.4 g
Protein: 20.6 g