



Spring Onion & Sausage Quiche

Prep Time: 15 minutes**

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 milk
4 large eggs
1 tablespoon fresh rosemary, finely chopped
½ cup shredded Gruyere cheese

For the Homemade Crust:

1 ¼ cups all purpose flour
½ teaspoon salt
½ teaspoon sugar
6 tablespoons unsalted butter, chilled, cut into small pieces and then re-chilled
¼ to ½ cup ice water
2 cups dried beans (any beans of choice)*

If you are using store bought crust to save time, skip to step 5.

Directions:

1. To make pie crust, combine flour, salt, and sugar in the bowl of a food processor or stand mixer. Add cold butter and process until mixture resembles coarse meal, 8 to 10 seconds.
2. With machine running, add ice water in a slow, steady stream through feed tube. Pulse until dough holds together without being wet or sticky; be careful not to process more than 30 seconds. To test, squeeze a small amount together: If it is crumbly, add more ice water, 1 tablespoon at a time.
3. Mold dough into a ball and then flatten the ball into a disc and wrap in plastic. Transfer to the refrigerator and chill at least 1 hour.
4. After the dough has chilled, preheat oven to 375 degrees, then roll disc of dough out on a lightly floured surface to make a 12 inch round, 1/8 inch thick crust.
5. Fit dough into a 9-inch pie plate and crimp edges.
6. Then line pie crust with parchment paper and place pie weights inside or fill with 2 cups dried beans.
7. Bake for 10-15 minutes or until just lightly golden. Discard parchment and save beans for another use.
8. 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.
9. Sauté until veggies are tender, about 15 minutes.
10. Whisk together eggs, milk, remaining ½ teaspoon salt, and rosemary until well combined.
11. 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.
12. Sprinkle ½ cup cheese on top and 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.
13. 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.

**Plus one hour chill time for homemade pie crust.

Nutritional Information Per Serving:

Calories: 323.5
Fat: 19.8 g
Cholesterol: 148.7 mg
Sodium: 512.8 mg
Total Carbohydrate: 21.8g
Dietary Fiber: 0.9 g
Sugars: 4.3 g
Protein: 14.3 g