



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:

½ cup brown rice flour, plus extra as needed
¾ cup chickpea flour
1/3 cup blanched almond flour
1 tablespoon granulated sugar
½ teaspoon xanthan gum
6 tablespoons unsalted butter, chilled, cut into small pieces and then rechilled
1 large egg, beaten

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

Directions:

1. To make pie crust, combine flours, xanthan gum, and sugar in the bowl of a food processor and mix until combined. Add cold butter and process until mixture resembles coarse meal.
2. Then add egg and blend 20-30 seconds until the mixture comes together to form a sticky dough. There should be a little extra moisture at the bottom of the food processor. If it is too dry, add 1 tablespoon cold water at a time. If too moist, add a little rice flour.
3. Form 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 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: 358
Fat: 22.8 g
Cholesterol: 171.9 mg
Sodium: 528.8 mg
Total Carbohydrate: 22.1 g
Dietary Fiber: 2.4 g
Sugars: 6.8 g
Protein: 16.6 g