

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

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:

- 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.
- 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.
- 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.
- 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.
- Fit dough into a 9-inch pie plate and crimp edges.
- Then line pie crust with parchment paper and place pie weights inside or fill with 2 cups dried beans.
- Bake for 10 minutes or until just lightly golden. Discard parchment and save beans for another use.
- 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.
- Sauté until veggies are tender, about 15 minutes.
- Whisk together eggs, milk, remaining ½ teaspoon salt, and rosemary until well combined.
- 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.
- 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.
- 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: 330.1
Fat: 20.6 g
Cholesterol: 164.5 mg
Sodium: 506.1 mg
Total Carbohydrate: 22.1 g
Dietary Fiber: 2.4 g
Sugars: 6.8 g
Protein: 14.6 g