

**Quiche** is easy to assemble, economical, delicious, and extremely versatile. It is "fair game" for any meal, at any time of day. It should be a part of every low carber's cooking repertoire!

Quiche is basically just a savory custard which is baked in the shape of a pie, with various added ingredients, usually (but not always) including cheese, cooked meat, and vegetables. This makes it an ideal dish in which to use up leftovers! In fact, I often make twice as much as I need for a meat-and-veggie meal, on purpose, knowing full well that the leftovers can be efficiently transformed the next night in a quiche which will seem like an entirely different meal. "Real Women" (and men) just don't have time to reinvent the wheel every night; anytime that I can cook two meals at once, I consider myself blessed.

### **BASIC RECIPE**

- 2 cups cream - any style works - nutritional counts based on half-and-half
- 4 eggs
- Salt and Pepper
- 1 to 2 cups cooked chopped meat and/or vegetables
- 1 to 2 cups shredded cheese - typical "classic" quiches almost always specify swiss cheese, but you can use anything you like. I usually prefer to use 1/2 cup grated Parmesan (the real stuff please, grated freshly off a block and not simply poured out a green can) and 1 cup mixed, shredded other cheeses. Occasionally, I use some cream cheese or even feta, goat, cottage, bleu, or ricotta.

### **PREPARATION**

Scatter the chopped filling ingredients and cheeses into a well-greased pan, no need for any crust, and pour the well-beaten egg and cream mixture over the top. Bake at 425 F for 15 minutes, then lower the heat to 350 and bake another 30 minutes, until a knife inserted in the center comes out clean. Allow to set out at room temperature for 5-10 minutes before serving.

\*Reduce the cream a little when using moist filling ingredients, such as canned or frozen vegetables.

I figure 8 servings per quiche - assuming (*for example*) you used 1-1/2 cups shredded cheddar, 1 cup chopped cooked broccoli, and 1 cup (5 oz) chopped cooked chicken while following the above guide, each serving would then equal: 240 calories, 18 g fat (9 sat), 4 g carb, 16 g protein

### **GARDEN QUICHE**

- 3/4 cup diced unpeeled zucchini (1 small)
- 3/4 cup minced red bell pepper (1 medium)
- 1/2 cup sliced fresh mushrooms
- 1 Tb. grated white onion
- 4 oz. (1 cup) shredded extra-sharp white cheddar
- 4 oz. cream cheese, cubed
- 4 eggs
- 1-1/2 cups cream

8 servings: 211 calories, 17 g fat (9 sat), 5 g carb, 9 g protein, each.

### **FLORENTINE QUICHE**

- 10 oz. frozen chopped spinach, drained (about 1 cup)
- 1/2 cup grated Parmesan cheese
- 1/2 cup diced Swiss cheese
- 1 cup chopped cooked ham or 1/3 cup cooked, crumbled bacon
- 2 Tb. minced onion, sautéed in 1 Tb. oil or butter (or cooked along with the bacon)
- 4 eggs
- 1-1/2 cups cream

8 servings: 210 calories, 15 g fat (7 sat), 4 g carb (1 g fiber), 14 g protein, each.

### **MEDITERRANEAN QUICHE**

- 1/2 cup pitted, sliced olives
- 3/4 cup crumbled feta or goat cheese
- 1 cup grated Parmesan or Provolone cheese
- 3 garlic cloves, finely minced
- 1 small Roma tomato, seeded, chopped and drained well
- 1 cup marinated artichoke hearts, finely chopped and well-drained
- 1 cup chopped cooked meat (I like chicken breasts)
- 1-1/2 cups cream
- 4 eggs

8 servings: 228 calories, 15.5 g fat (8 sat), 5 g carb, 16 g protein, each

### **SEAFOOD QUICHE**

- 2 cans drained lump crabmeat or tiny shrimp
- 4 oz. cream cheese, cubed
- 3/4 cup grated Parmesan cheese
- 3 Tb. chopped fresh dill weed
- 1/4 cup fresh lemon juice
- 2 tsp. lemon zest
- 2 Tb. pimento
- 2 cups cream
- 4 eggs

8 servings: 236 calories, 17 g fat (9 sat), 4 g carb, 16 g protein, each