

Sundried Tomato, Spinach & Sausage Quiche

LUNCH

Ingredients

- 1 premade or homemade pie crust, parbaked
- 2 cups Truly Grass Fed Sharp Cheddar, shredded
- 5 eggs
- 2 tbsp all-purpose flour
- 3/4 tsp salt
- 1/2 tsp freshly cracked black pepper
- 1 cup milk
- 3/4 cup heavy cream
- 1/2 lb breakfast sausage
- 1 yellow onion, finely diced
- 6 oz baby spinach
- 1/4 cup sundried tomatoes, drained and julienned

Instructions

1. In a 9-inch pie plate, prepare and parbake pie crust as the package or recipe directs.
2. Preheat oven to 350°F and place an oven rack in the lower third.
3. Brown breakfast sausage in a large saucepan over medium heat, breaking into small pieces. Once fully cooked, transfer sausage to a bowl and set aside. Do not wipe the pan.
4. Add onions to the same pan. Sauté over medium low heat until translucent. If necessary, add a tablespoon of butter or oil.
5. Working in batches, stir in spinach until wilted. Remove from heat, return sausage to the pan, and fold in sundried tomatoes. Set aside.
6. To prepare the custard, add flour, salt, and pepper to a large mixing bowl. Add one egg and whisk until the flour mixture and egg are fully incorporated. Repeat with remaining eggs, adding one at a time.
7. Gradually add in milk and heavy cream, gently and constantly whisking.
8. Place pie crust on a sheet pan. Sprinkle 1 cup shredded cheddar along the bottom of the crust. Gently spread the cooked filling in an even layer over the cheese.
9. Slowly pour custard over the filling. It will be very full. If necessary, scoop out some of the filling to make room. Sprinkle the remaining cup of shredded cheddar over the top.
10. Transfer quiche to the oven. Bake for 45-60 minutes until top is golden brown and puffed up. If a knife inserted in the middle reveals liquid, bake for an additional 5 minutes.
11. Let quiche cool for at least 20 minutes before slicing with a sharp knife. Serve with fruit for breakfast or alongside a side salad for lunch and dinner.
12. Store in an airtight container for up to 5 days in the refrigerator.



Naturally Irish. Truly Delicious.