



Mushroom Quiche

Prep Time: 15 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16 g fat

875 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 single crust pie shell (vegetarian crust)
- 1 TB unsalted butter**
- 1/2 cup diced onion
- 16 oz baby Bella mushrooms, sliced
- 1/4 cup fresh parsley, chopped
- 1/4 tsp salt & 1/4 tsp black pepper**
- 6 large eggs
- 1/3 cup light cream or half & half
- 1 cup shredded Swiss cheese

DIRECTIONS:

1. Preheat oven to 375 degrees. Bring **1 pie crust** to room temperature and place in a 9" pie dish. Press crust firmly against sides and bottom. Prick bottom and sides of the crust generously with a fork to prevent crust from rising. Bake until edge is dry and golden brown, about 10 minutes. Remove from oven and set aside to let crust cool before filling.
2. To clean **mushrooms**, go over outer surface with a damp paper towel to remove any debris. Remove stems and slice mushrooms. In a large skillet, melt **1 TB butter** over medium high heat. Add **diced onion** and **sliced mushrooms**, season with **1/4 tsp salt** and **1/4 tsp pepper**. Cook stirring frequently, about 10-12 minutes. Set aside and let cool, then stir in **1/4 cup chopped parsley**.
3. In a medium bowl, whisk **eggs**, **1/3 cup cream or half & half**, until well combined.
4. Spread onion/mushroom filling into pie crust and top with **Swiss cheese**. Pour **egg mixture** over filling. Place pie on a baking sheet and bake until center of quiche is set, about 35-40 minutes. Remove from oven and let rest for 5 minutes before cutting. Serve warm or at room temperature.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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