

Classic Quiche Lorraine

Prep Time: 15 minutes | Total Time: 60 minutes | Servings: 8

Serving Size: 1/8 of Quiche; Serving; Calories 310; Total Fat 22g; Saturated Fat 8g; Sodium 550mg; Total Carbohydrate 15g; Dietary Fiber 0g; Protein 21g

Equipment Needed:

- 9-inch pie plate
- Medium nonstick skillet
- Rolling pin (if making own pie crust)

Ingredients:

- 1 single crust pie crust, store bought or homemade (see additional recipe)
- 6 large slices of bacon, about 6 oz
- 4 eggs, beaten
- 1 tablespoon all-purpose flour
- 1 1/2 cups milk
- Dash of pepper
- 1/8 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 1/2 cups grated Swiss cheese, about 6 oz



Instructions:



1. Place the pie crust in pie plate to blind bake. Bake the pie crust at 400°F for about 10 minutes or until it just starts to turn brown on the edges. *Do not prick the pie crust with a fork. It will help the pie crust keep its shape during baking if you line the crust with aluminum foil and then place beans, rice or pie crust weights in the crust to hold the crust down.* Once you remove the pie crust, lower the oven to 325°F.



Classic Quiche Lorraine

Instructions Continued:



2. While the pie crust is baking, cook the bacon in the microwave oven or in a skillet until crisp. Cut the bacon into small chunks.



3. In a medium bowl, mix the eggs and flour together. Add the remaining ingredients, including the bacon.



4. Pour the mixture into the hot pie crust.



5. Bake for 40-50 minutes, or until a knife inserted in the center comes out clean. If the crust starts to brown too quickly, cover the edges with aluminum foil.

***Note:** You can substitute ham, chopped or sausage in the quiche. Simply brown sausage before adding. You can also substitute different cheeses.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)

The contents of this document are those of the author and do not necessarily represent the official position of or endorsement by the Centers for Disease Control and Prevention.

