



Recipes for Success



Cheese Quiche

This simple recipe for basic quiche can easily be modified by using different fillings

Equipment Needed

Whisk
Bowl for mixing
Pie plate
Cheese grater

Ingredients

4 eggs
1 1/2 cups cream or milk
1 prebaked pie shell
1/2 cup shredded cheddar cheese
pinch salt & pepper (optional)

Instructions

Preheat oven to 350°F (180°C). Grate cheese and sprinkle into the bottom of pie shell along with any other fillings you like. Whisk together eggs and cream in a bowl until well blended. Season with salt and pepper. Carefully pour mixture into the pie shell. Bake for 35 to 40 minutes or until filling turns a golden brown. To check doneness, insert a knife into the center of the quiche. If it comes out clean it's done! Let stand for 10 minutes before serving.

Add your favourite fillings such as diced mushrooms, ham, onions and peppers.

Suggested Tasks for Children:

- Help to measure out ingredients and pour into bowl/pie plate
- Whisk eggs and cream
- Help clean up

