

# WHIP IT UP

## Wednesday



### QUICHE WITH SELF-FORMING CRUST

#### Ingredients

- 1 1/8 cups or 8 oz. frozen whole eggs, thawed
- 1 1/2 cups or 12 oz. nonfat milk
- 1/2 cup or 2 1/2 oz. whole-wheat flour
- 1/4 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground black or white pepper
- 2 cups or 8 oz fresh onions, diced
- 2 cups or 8 oz fresh red bell peppers, diced
- 2 cups or 2 oz fresh spinach, chopped
- 1/3 cup or 1 oz low-fat cheddar cheese, shredded



#### Directions

1. Preheat oven:  
Conventional oven: 400 degrees F.  
Convection oven: 375 degrees F.
2. Pour eggs into a mixer. Using a wire whip attachment, mix on low speed for 2 minutes. DO NOT OVERMIX.
3. Add milk, flour, baking powder, salt, pepper, and nutmeg (optional). Mix for 4 minutes on low speed.
4. Combine onions, peppers, spinach, and egg mixture in a large mixing bowl. Stir well.
5. Pour egg and vegetable mixture into a baking dish (8" x 8" x 2") lightly coated with pan release spray.
6. Sprinkle cheese over egg mixture.
7. Reduce heat on oven and bake at: Conventional oven: 375 degrees for 35 minutes or Convection oven: 325 degrees for 25 minutes.
8. Critical Control Point: Heat to 165 degrees or higher for at least 15 seconds.
9. Critical Control Point: Hold at 140 degrees or higher until served.
10. Cut each dish into 6 pieces (2" x 3 3/4"). Serve one - 2" x 3 3/4" piece.



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