

Easy Cheesy Quiche

Makes 4 servings

Ingredients

- 1 large whole grain tortilla
- 4 large eggs
- ½ cup (125 mL) cottage cheese
- ½ cup (125 mL) cheddar cheese, grated
- ½ cup (125 mL) vegetables, rinsed and diced (e.g. green onion, red pepper, mushrooms, spinach, broccoli)
- 1 tsp (5 mL) Italian seasoning or basil
- Salt and pepper, to taste



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Directions

1. Preheat oven to 220°C (425°F).
2. Set out all the ingredients.
3. Rinse vegetables under cool running water.
4. Prepare vegetables (dice).
5. Into a bowl, crack the eggs. Add cottage cheese. Sprinkle herbs, salt and pepper.
6. Whisk together.
7. Place tortilla in a pie dish. Place dish on a baking sheet.
8. Pour in egg mixture.
9. Sprinkle vegetables and cheese on top.
10. **Careful, it's hot!** Wearing oven mitts, put in oven.
11. Quiche is ready when eggs are firm, and quiche reaches 74°C (or 165°F), about 18-20 minutes.
12. **Careful, it's hot!** Wearing oven mitts, remove from oven.
13. Cut into triangles.

Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Use a *calibrated* thermometer** to see if egg is cooked to 74°C (or 165°F). *How do I calibrate?* Fill cup with ice, add water. Insert thermometer. Adjust the dial to read 0° (32°F).
- **Get creative!** Use **canned, fresh or frozen vegetables**. Try different cheeses.
- **Make 2 quiches! Have leftovers?** Let cool, then store in covered container in fridge for up to 3 days.

Enjoy your balanced plate of vegetables, protein and whole grains!

 **Watch the how-to-video at**
foodliteracytbo.ca