

# Bite-Size Quiches

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## **Yield: 24 mini quiches**

*1 cup flour*

*pinch salt*

*1/4 teaspoon pepper*

*1/4 cup + 2 tablespoons*

*shortening*

*1/4 cup half-and-half*

*1/4 teaspoon salt*

*1 large egg*

*1/4 cup pesto sauce*

In a medium bowl, mix the flour, pepper and a pinch of salt. With a pastry blender, cut in the shortening until the mixture resembles coarse crumbs. With a fork, stir in two to three tablespoons of cold water until the pastry is moist enough to hold together.

Preheat the oven to 425.

Shape the pastry into a ball. Divide into 24 pieces. Press the pastry into the bottom and sides of mini muffin tins. With a fork, prick the pastry in several places to prevent puffing during baking.

Bake for 10 minutes.

Meanwhile, in a bowl combine until well blended, the half-and-half, egg, pesto and 1/4 teaspoon of salt. Spoon into the pastry cups.

Bake for 10 minutes until a knife comes out clean.

Remove the quiches from the muffin pan and serve.

(These can be made ahead. Freeze well after baking.)

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Per Serving (excluding unknown items): 1287 Calories; 86g Fat (59.8% calories from fat); 29g Protein; 100g Carbohydrate; 5g Dietary Fiber; 229mg Cholesterol; 1018mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 Lean Meat; 15 1/2 Fat; 1/2 Other Carbohydrates.