

# **Caramelized Onion Quiche**

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**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 1 hour 50 minutes**

**Bake Time: 45 minutes**

**1 refrigerated pie crust**

**1/4 cup olive oil**

**5 cups onion, thinly sliced**

**5 eggs**

**1 cup 2% milk**

**1 tablespoon Dijon Mustard**

**1/3 teaspoon salt**

**1/4 teaspoon nutmeg**

**4 ounces (1 cup) Swiss or Gruyere cheese, shredded  
arugala (optional)**

Preheat the oven to 375 degrees.

Fit the crust into a 9-inch pie plate. Cover loosely with plastic wrap and refrigerate.

In a large saute' pan over medium heat, heat the oil. Add the onions and cook until browned and soft, stirring once in a while, about 35 to 40 minutes. (If the onions begin to burn, reduce the heat to medium-low.) Set aside to cool a bit.

In a bowl, whisk together the eggs, milk, mustard, salt and nutmeg.

Remove the pie plate from the refrigerator.

Sprinkle the cheese evenly on the bottom of the crust. Scatter the onions on top. Pour the egg mixture over the cheese and onions.

Bake the quiche for 45 minutes or until the eggs are set and the crust is browned.

Cool 10 minutes on a wire rack.

Serve with arugala, if desired.

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Per Serving (excluding unknown items): 374 Calories; 24g Fat (56.5% calories from fat); 10g Protein; 31g Carbohydrate; 2g Dietary Fiber; 186mg Cholesterol; 365mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.