

Ham and Cheese Quiche

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1 tablespoon unsalted butter
1 small yellow onion, diced
1 (12 ounce) frozen pie crust
2 cups (8 ounce) cooked ham, diced
4 ounces white cheddar or gruyere cheese, shredded
4 large eggs
1 3/4 cups half-and-half
1/2 teaspoon kosher salt
1/4 teaspoon pepper
1/4 teaspoon ground nutmeg (optional)

Preheat the oven to 350 degrees.

In a medium saute' pan on medium heat, melt the butter. Dice the onion and add to the pan. Cook for 4 to 5 minutes or until the onions are tender. Then cool to room temperature.

Place the piecrust in a baking pansheet. Bake for 10 minutes or until the sides are set. Meanwhile dice the ham and shred the cheese.

In a bowl, combine the eggs, half-and-half, salt, pepper and nutmeg. Whisk thoroughly. Stir in the onions, cheese, and ham.

Remove the baking pan with the piecrust from the oven. Pour the egg mixture into the crust, filling completely (some egg mixture may be left over).

Bake the quiche for 45 to 60 minutes or until the filling is golden and the center is set. Transfer the quiche to a cooling rack. Cool for 20 minutes before slicing (or chill for one hour, to serve cold). Serve.

Per Serving (excluding unknown items): 2487 Calories; 159g Fat (58.3% calories from fat); 87g Protein; 170g Carbohydrate; 2g Dietary Fiber; 1033mg Cholesterol; 6741mg Sodium. Exchanges: 10 Grain(Starch); 10 Lean Meat; 1 1/2 Vegetable; 25 Fat.