

# Onion, Pepper and Feta Quiche

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**Servings: 8**

**Preparation Time: 15 minutes**

**Start to Finish Time: 1 hour**

**Bake Time: 40 minutes**

**1 refrigerated rolled pie crust**  
**2 teaspoons olive oil**  
**1 large onion, finely chopped**  
**1 medium bell pepper, thinly sliced**  
**Kosher salt and pepper to taste**  
**3/4 cup fresh flat-leaf parsley, chopped**  
**4 large eggs**  
**3/4 cup sour cream**  
**1/2 cup whole milk**  
**1/4 teaspoon fresh nutmeg (optional), grated**  
**1 cup (4 oz) feta cheese, grated**

Preheat oven to 425 degrees.

Fit the pie crust into and up the sides of a pie plate; fold the edge of dough underneath itself to create a thicker 1/2-inch border that rests on the lip of the pie plate and crimp as desired. Place on a rimmed baking sheet and bake until lightly golden, about 12 to 15 minutes. Remove and reduce oven heat to 375 degrees.

Meanwhile, heat the oil in a large skillet over medium heat. Add the onion, bell pepper, 1/4 teaspoon of salt and 1/4 teaspoon of pepper; cook, stirring occasionally until vegetables are tender, about 6 to 8 minutes. Stir in the parsley; remove from heat.

In a large bowl, whisk together the eggs, sour cream, milk, 1/4 teaspoon salt, 1/4 teaspoon pepper and nutmeg, if using. Gently stir in the onion mixture and feta cheese.

Pour the egg mixture into the crust. Bake until just set and a knife inserted in the center comes out clean, about 35 to 40 minutes.

Let rest 5 minutes before serving.

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Per Serving (excluding unknown items): 163 Calories; 13g Fat (69.5% calories from fat); 7g Protein; 5g Carbohydrate; 1g Dietary Fiber; 134mg Cholesterol; 267mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.