
Quiche Relleno

Patricia Duffy

Nettles Island Cooking in Paradise - 2014

Servings: 6

1 cup shredded Monterey Jack cheese

1 cup shredded mild Cheddar cheese

1/2 can (4 ounce) diced green chilies, pith and seeds removed

1 cup half-and-half

3 large eggs, beaten

1/4 teaspoon salt

1 ten-inch unbaked pie crust

Partially bake the prepared pie crust. Sprinkle all of the Monterey Jack and half of the Cheddar cheese in the crust. Distribute the diced chilies on top.

In a bowl, beat the half-and-half with the eggs and salt. Pour into the crust. Sprinkle the rest of the Cheddar cheese on top.

Bake at 325 degrees for 45 minutes. Let stand before cutting.

Serve with salad and bread.

Breakfast

Per Serving (excluding unknown items): 107 Calories; 8g Fat (69.5% calories from fat); 8g Protein; trace Carbohydrate; 0g Dietary Fiber; 123mg Cholesterol; 225mg Sodium. Exchanges: 1 Lean Meat; 1 Fat.