

Roasted Vegetable Quiche

<http://userealbutter.com/2011/01/19/roasted-vegetable-quiche-recipe/>

1 large Yukon gold potato, peeled (optional) and diced (medium dice)
1 small eggplant, diced (medium dice)
1 medium bell pepper, diced (medium to large dice)
2-3 tbsps olive oil
salt
pepper
1 bunch of kale (about 8 stems), washed and torn
1 medium onion, sliced thin
more olive oil
1 pie crust
1 1/2 cups Gruyère, shredded
1 tbsp flour
3 eggs, beaten
1 1/2 cups milk
1/4 tsp salt

pie crust

from Better Homes and Gardens New Cook Book

1 1/4 cups flour
1/4 tsp salt
1/3 cup shortening or lard
3-4 tbsps cold water

Vegetables: Preheat oven to 425°F. You can use any vegetables you desire, but these are the ones I had on hand. Toss the diced potato, eggplant, and pepper with 2-3 tablespoons of olive oil, salt and pepper to taste in a wide baking dish so that the vegetables sit in a single layer. Roast for 30 minutes, remove from oven and let cool. In a sauté pan, heat 2 tablespoons of olive oil over medium heat and sauté the onions, stirring them about to avoid burning. Cook them for about 20 minutes until caramelized (I took mine off a little early) then remove from pan. In the same pan, heat a tablespoon of oil on high heat and sauté the kale until cooked. Remove from pan and roughly chop the kale.

Pie crust: Set the oven to 450°F. Mix flour and salt in a mixing bowl. Cut shortening into flour to form pea-sized pieces. Sprinkle water over the mixture and toss with fork until all is moistened. Form dough into a ball and roll out on lightly floured surface to about 12 inches in diameter. Press and form into a 9-inch pan. Line the crust with foil and bake for 5 minutes. Remove the foil and continue baking for another 7 minutes. Remove from oven and reduce heat to 325°F.

Quiche: In a large bowl, toss the vegetables together. In a separate bowl, toss the cheese and flour together and then mix the cheese in with the vegetables. Fill the pie

crust with the vegetable-cheese mix. Beat the eggs and stir in the milk and salt. Pour the milk over the vegetables and bake the quiche for 35-40 minutes. Let quiche rest out of the oven for 15 minutes before serving.

Crustless Quiche: I had leftover filling, so I grabbed an extra buttered pan and baked the rest without a crust. Oh boy, that is good too. It baked for the same amount of time (35-40 minutes) as the crusted quiche.