



# Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

## Chile Rellenos Quiche Gluten Free

### THE RECIPE

#### Ingredients:

- 1 cup sharp cheddar cheese
- 1 cup monterey jack cheese
- 3-4 tbsp chopped onion, water sautéed
- 1/2 cup milk
- 1/2 cup water
- 1/2 cup sour cream
- 4 large eggs
- several shakes garlic granules
- several shakes ground cumin
- 1/4 tsp paprika, plus some to garnish
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- butter, just a bit for the pie plate
- 6-7 corn tortillas
- 1 cup chopped Hatch Green Chile

#### Instructions:

1. Grate Cheeses
2. Chop onion and water sauté in enough water to keep it from burning, till translucent
3. In a large bowl measure milk & water set aside
4. Measure sour cream add to milk & water mix together
5. Break 4 eggs into milk, water and sour cream mix well
6. Add dry spices, and chopped cilantro and mix
7. Butter a 9-inch pie plate, layer corn tortillas, one in the center, the rest around the pie plate
8. Add sautéed onions and hatch green chilies to top of tortillas, spread evenly around the plate
9. Stir liquid ingredients and carefully fill the pie plate, go slowly let liquid soak in
10. Garnish with paprika
11. Put quiche on a cookie sheet or in a large pan, and place on a center rack in a preheated oven
12. Bake at 375 for 35-40 minute checking for doneness
13. Quiche is done when the center is firm and a knife comes out clean
14. Let Quiche cool before serving... Enjoy!