



Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

Easy Vegetable & Bacon Quiche

THE RECIPE

Ingredients:

4 or 5 strips of Applewood smoked bacon, cooked crispy, and chopped
1 medium chopped onion, water sautéed
2 stalks celery, water sautéed
1 cup cut up broccoli, water sautéed
2 cloves garlic chopped, water sautéed
1 cup Swiss or Mozzarella cheese
1 tbsp. grated parmesan
Butter, just a bit for the pie plate
6-7 corn tortillas
4 large eggs
1/2 cup water
1/2 cup milk
1/2 tsp salt
1/8 tsp ground black pepper

Instructions:

1. Fry Bacon till crispy, drain on paper towel, and chop fine (my picture shows a larger cut, but fine would be better)
2. Chop onion, celery, and garlic, add to sauté pan and water sauté in enough water to keep it from burning
3. Cut up broccoli, add to pan with onion and continue to Sautee until onion is translucent
4. Grate, Cheese, butter 9-inch pie plate, layer corn tortillas, one in the center, and the rest around the pie plate
5. Add sautéed vegetables, bacon and cheese on top of corn tortillas, spread out evenly
6. Measure 1/2 cup water and 1/2 cup of milk in a large measuring cup, add salt and pepper, 4 eggs, whisk till everything is mixed
7. Carefully pour liquid in pie plate with tortillas, vegetables, bacon & cheese, you may have to let the liquid soak into tortillas a little
8. Put quiche on a cookie sheet or in a large pan, and place on a center rack in a preheated oven
9. Bake at 375 for 35 - 45 minutes checking for doneness
10. Quiche is done when the center is firm and a knife comes out clean
11. Let cool before serving

Note:

Bacon could be chopped finer than my photo. A little Applewood liquid smoke would be a nice touch.