

## Quiche

1 pie crust, whole wheat  
1 c. grated cheese, cheddar or Swiss  
3 slices bacon, optional  
1-1/2 c. lightly steamed veggies:  
    broccoli, asparagus, kale, spinach, mushrooms, onions  
1-1/2 c. organic milk  
4 local, free-range eggs, slightly beaten  
1/4 t. salt  
1/8 t. pepper

Heat oven to 375 degrees.

Sprinkle cheese over bottom of crust. Arrange veggies and (optional) bacon on top. Combine and mix other ingredients in a small bowl. Bake for 40-45 minutes until set in center. Let stand 10 minutes before serving. Serves six.



Recipe from Prairie Harvest Market and Deli  
601 N. Main, Newton, KS 67114 [www.prairieharvestnewton.com](http://www.prairieharvestnewton.com)