

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Ham & Cheese Quiche

Makes 4 servings

Equipment Needed:

- Cutting Board & Knife
- Kitchen Scale
- Measuring Cups & Spoons
- Large Skillet
- Box or Rotary Cheese Grater
- Whisk & Silicone Spatula
- Medium Mixing Bowl
- Pie Weights or Dinner Fork

Directions:

1). Gather equipment & ingredients. Preheat oven to 375°F. Remove pie shell from freezer and let thaw while oven preheats. Use a fork to place several sets of holes in the thawed crust to prevent bubbling. Place pie shell on middle oven rack to par-cook for 5-7 minutes. Remove shell from oven and set aside.

- **1 Frozen Deep-Dish Pie Shell (or frozen GF Pie Shell)**

2). Heat skillet over medium high heat. Add oil to skillet and sauté peppers until soft (about 5 minutes), stirring frequently. Add diced ham to pan and sauté for another few minutes to reduce the liquid. Pour mixture into the pie shell, distributing evenly. Set aside.

- **1 T. Light Olive Oil**
- **1/4 C. (42g.) Fine Chopped Red Bell Pepper**
- **4 oz. (113g.) Diced Honey Ham (thin sliced, deli style preferred)**

3). Combine eggs, evaporated milk, salt & pepper, and cottage cheese to a blender. Blend for 30 seconds. Stir in parmesan cheese, and fresh chives before pouring into pie shell. Carefully place quiche directly onto middle oven rack. Bake for 30-45 minutes, or until middle is set. Let cool for at least 15 minutes before cutting into 4 equal pieces. I like to serve mine with cheese sauce. For a quick & easy cheese sauce, see directions below. Enjoy!

- **4 Large Eggs**
- **4 Lg Egg Whites**
- **1/3 C. (84ml.) Evaporated Milk (NOT CONDENSED!)**
- **1/2 C. (112g.) Daisy Cottage Cheese**
- **1/2 C. (56g.) Freshly Grated Parmesan**
- **2 T. Fresh Chopped Chives**
- **Salt & Pepper to taste**

4.) **"5-MINUTE CHEESE SAUCE"** - In a microwave safe bowl combine shredded cheese and cornstarch. Stir until all cheese is lightly coated in cornstarch. Add evaporated milk and stir until well combined. Place mixture in the microwave and heat in 20 second intervals, stirring between each interval until cheese is completely melted and sauce has a smooth texture. It may seem thin, but it will thicken as it cools. Whisk in salt, pepper, and garlic powder until fully incorporated. Drizzle a little or a lot over your quiche before serving. Enjoy!

- **1 C. (5 oz.) Freshly Grated Sharp Cheddar Cheese (or cheese of choice)**
- **1 t. Cornstarch**
- **1/2 C. (127ml.) Evaporated Milk (NOT CONDENSED!)**
- **1/2 t. [Low FODMAP Garlic Replacer](#) (or 1/8 t. garlic powder)**
- **Pinch of Salt & Pepper**



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MACROS (per serving no cheese sauce):

Calories – 445

Fat – 26g

Carbs – 26g.

Protein – 26g.

MACROS (w/ 2 oz. cheese sauce):

Calories – 585

Fat – 37g

Carbs – 30g.

Protein – 34g.