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Mabel White





Finally a Clever Way to Mass Produce Appetizers!

Hors D'oeuvres by the Dozen



Ten two twelve minutes is usually enough to cook most of your favorite concoctions in well greased mini-muffins pans. Using this method allows you to whip up even proportions in a batch at a time and for guests to be served quickly. We used them to turn frittatas and Omelet's into bite sized cakes.

Mabel White





Apple Cheddar Quiche

2 apples, diced
1 partially baked 10" pie shell
3 eggs
1/2 c. cottage cheese
1 t. sugar
dash salt
3 T. butter
1 c. grated sharp cheddar
2 egg yolks
1 1/2 c. half & half
1/4 t. cinnamon

In a medium frypan sauté apples in butter for 5 minutes. Place in the pie shell; top with cheddar cheese. In a mixing bowl beat together the eggs, egg yolks, cottage cheese, and half & half. Pour over the apples and cheese. Combine the sugar, cinnamon and salt; sprinkle over the top. Bake in a 375 degree oven for 30-45 minutes, until the custard is firm.

Hash Brown Quiche

Place in 9x13 glass baking dish sprayed with cooking spray.

24 oz. shredded hash browns, frozen and pour on 1/2 cup melted butter/margarine

Bake 1/2 hour at 400 degrees.

Remove from oven. Top with:

2 cups grated Swiss, Cheddar or your favorite cheese,
2 cups of ham, sausage, green pepper, onion (optional)





Beat 5-6 eggs (or Egg Beaters) with 2 cups milk (can be skimmed or lactose free milk)

1/2 teaspoon salt

1/2 teaspoon pepper

Pour egg and milk mixture over cheese topping and return to oven for 1/2 hour at 350 degrees. Top with sliced tomatoes for an elegant entree.

I usually serve this with wedges of tomatoes or sliced kiwi as a garnish

Broccoli Bacon Quiche

6 slices bacon

6 eggs

1 1/2 cup half & half cream

1 1/2 cup cheddar cheese

2 cups broccoli flowerets

2 ounces pimiento or red pepper

Salt & pepper to taste

Microwave bacon until crisp. Beat eggs with cream and salt & pepper. Pour half of mixture into greased 9-inch pie plate. Add broccoli, chopped cheddar cheese and crumbled bacon. Pour remaining mixture over top. Garnish with pimiento or red pepper. Bake 35 minutes at 350° F.

Southwestern Quiche

1/4 c. flour

1/4 t. baking powder

2 T. butter-melted

1 c. cottage cheese

2 c. shredded monterey jack cheese

1 (4 oz.) can chopped green chiles

6 eggs, beaten





Combine baking powder with flour then sprinkle on top of monterey jack cheese. Mix together then set aside. Combine cottage cheese, melted butter, green chiles and eggs, add flour-monterey jack cheese mixture to this. Pour into casserole dish sprayed with PAM. Bake at 350 degree, for 30 min. Let stand 5-10 minutes before cutting into wedges. Top with a spoonful of sour cream and salsa.

Crab Quiche

3 eggs, slightly beaten
1 cup sour cream
1/2 teaspoon Worcestershire sauce
3/4 teaspoon salt
1 cup Swiss cheese, shredded
1 (7 1/2 oz.) can crab, drained & flaked
1 (3 oz.) can French fried onions
2 9" baked pastry shells

Heat oven to 300°. Combine eggs, sour cream, Worcestershire and salt. Stir in cheese, crab meat and fried onions. Pour into 2 baked pastry shells. Bake 1 hour or until set. Serve hot in small wedges. 16 servings.

This is also excellent served as a breakfast entrée!

Cream Cheese Quiche

(Serves six to eight)

1 8" unbaked pie shell
5 large eggs
1/2 small onion, chopped
1 cup milk or half/half
8 oz. cream cheese
Meat of choice*
1/4 lb. grated Swiss cheese





*Meat of choice (browned sausage, bacon, ham, seafood, etc. - enough to cover the bottom in a single layer.) Also very good with sauted fresh mushrooms and spinach for those who don't eat meat.

Preheat oven to 425°. Saute onion in butter until transparent (or use a sprinkling of minced dried onion). Cover the bottom of the pie crust with the cream cheese cut into small pieces. Add the meat and onion and top with the grated Swiss cheese. Mix together the milk and eggs (I add a little nutmeg) and pour over the top. Bake 15 minutes, reduce the temperature to 350° and bake for another 30 minutes

Wild Rice Quiche

- 1 Unbaked Pastry Shell
- 1 cup Cooked Wild Rice
- 1/3 Cup Chopped Ham, Sausage or Bacon
- 2 Chopped Green Onions
- 1 Cup Shredded Monterey Jack Cheese
- 5 Eggs
- 3/4 Cup Light Cream or Milk
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Ground Mustard
- Dash of Pepper
- 2 Teaspoons Parsley, Chives
- 1 Teaspoon Tarragon Fresh or Dried Parsley

Bake the Crust at 425 F. for 5 minutes. Remove from oven. Reduce the oven heat to 350 F. Spoon the wild rice into the crust. In a skillet, sauté the ham or bacon and onion until tender. Spoon over wild rice. In a medium bowl, whip eggs, cream, salt, mustard, pepper, tarragon together. Carefully pour into the crust. Spread shredded cheese over top and sprinkle fresh or dried parsley over the cheese





Crispy Potato Quiche

1 24-ounce package frozen shredded hashbrowns
1/3 cup melted butter
1 cup shredded hot pepper cheese
1 cup shredded Swiss cheese
1 cup diced cooked ham
1/2 cup half and half
2 eggs
1/4 teaspoon seasoned salt

Press thawed hash browns between paper towels to remove moisture. Fit hash browns into greased 10-inch pie plate, forming a solid crust. Brush crust with melted butter, making certain to brush top edges. Bake at 425° for 25 minutes. Remove from oven. Sprinkle cheeses and ham evenly over bottom of crust. Beat half and half with eggs and seasoned salt. Pour over cheeses and ham. Bake uncovered at 350° for 30-40 minutes or until knife inserted in center comes out clean. Serves 6 Enjoy!

Notes:

- You can substitute your favorite sausage or other breakfast meat of your choice.
- I use less butter to brush hashbrown crust. I also use skim milk instead of half and half.

Golden Country Quiche

2 cups shredded, peeled potatoes (about 1 pound)
1 1/2 cups (6 oz. shredded cheddar cheese divided)
1/2 teaspoon salt, (divided)
4 eggs
1/2 cup milk
1 cup chopped fully cooked ham





1/2 cup chopped onion
1/2 teaspoon pepper

Combine potatoes, 1/2 cup cheese and 1/4 teaspoon salt. Press into the bottom and upsides of a deep greased 9" pie pan.

In a bowl, beat eggs and milk. Add onion, pepper and remaining salt and cheese. Put ham on the potatoes and pour egg and milk mixture over it. Dish will be very full.

Bake at 350° for 45-50 minutes. Let stand 5 minutes before cutting. Serves 4-6. Can be served with a salsa.

Susan's Sunrise Surprise

1 cup ham, diced
3/4 cup Swiss cheese, shredded
3/4 cup Cheddar cheese, shredded
2/3 cup onion, diced
1/2 package frozen spinach, thawed

1 cup milk
1 1/4 cups Bisquick baking mix, firmly packed
4 large eggs, beaten
1/4 teaspoon salt
1/4 teaspoon pepper

Grease a quiche pan. Thaw spinach and drain ALL moisture (squeeze dry). Mix spinach, ham, cheeses and onion in a bowl. Sprinkle evenly in quiche pan. Cover and refrigerate overnight.

Next morning: Combine milk, Bisquick, eggs, salt and pepper in a mixing bowl. Beat for 1 minute at high speed. Pour evenly over ingredients in quiche pan. Microwave on HIGH, uncovered, for 17 minutes. Let stand for 5 minutes before serving. (Cut into pie shaped pieces).



