



Sweet Pepper Monterey Quiche

Ingredients:

Basic Quiche Crust

1 ½ cup GFM'S Almond Blend Flour
¼ tsp. salt
½ tsp. xanthan gum
½ cup butter, room temperature
2 Tbsp. honey
1 egg, lightly beaten
2 Tbsp. water

Quiche Filling

½ cup each, red pepper, orange pepper,
yellow pepper
1 Tbsp. butter
4 eggs
¾ cup heavy cream
¾ cup milk
⅛ tsp. pepper
Pinch of salt
⅓ cup fresh cilantro, finely chopped
3 green onions, chopped
1 cup Monterey Jack Cheese or
Monterey Cheese Blend

GFM Tip: Use this basic quiche crust for any quiche, pie, or savory tart recipe.

Directions: Preheat oven to 375°.

Prepare crust by combining flour, salt, xanthan gum, honey, egg and water. Use a fork to combine. Once most of dry ingredients are mixed in, with lightly floured hands knead the rest of dry ingredients into dough ball until smooth. Roll dough just like you would a pie crust, between two pieces of wax paper that have been lightly sprayed with cooking spray. Peel back top piece of wax paper. Transfer dough by flipping out onto pie dish or quiche dish. Gently peel back wax paper. Trim edges of dough with a knife and make small repairs if necessary.

Sauté peppers with butter until soft, about 4-5 minutes. Transfer to paper towel to cool. In a large bowl, whisk together eggs, cream, milk, pepper, and salt. Stir in cilantro, green onions, cheese and peppers. Pour into prepared quiche crust. Bake for 40-45 minutes or until center appears done. Cover edges with foil to prevent over browning. Let rest for 5 minutes before serving.



“I can do all things through Christ who strengthens me.”
Philippians 4:13