



Kale and Onion Quiche

Ingredients:

- 1 prepared 9 inch pie shell
- 4 eggs
- $\frac{3}{4}$ cup half-and-half (used sour cream or yogurt)
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon red pepper flakes (optional)
- black pepper
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 5 green onions, minced
- 3 garlic cloves, chopped
- 2 cups kale, chopped
- $\frac{1}{2}$ cup cheddar cheese, grated

Directions:

1. Preheat oven to 425-degrees F.
2. Tear off a piece of foil large enough to fit inside of pie crust and then press it into the pie crust and fill with dried beans. Bake for 10-15 minutes. Remove from oven and discard foil and beans. Set aside.
3. In a bowl whisk together eggs, half and half, milk, salt, red pepper flakes (if using) and black pepper. Set aside.
4. In a skillet on medium high heat oil and butter and add onions and garlic, cooking until softened (3-5 minutes). Stir in kale and cook stirring until wilted (5 minutes).
5. Spoon vegetables into crust and sprinkle with cheese. Pour egg/milk mixture over all.
6. Bake for 30-40 minutes or until set.