



Family Food Experts

Home of the Kid Kritics Approved Seal

Cheesy Turkey Bacon & Sausage Quiche

PREHEAT: Oven or toaster oven 375 degrees F

PANS/EQUIPMENT: Oven or toaster oven, 10" glass-pie plate

PREP TIME: 20 minutes

COOK TIME: 20 minutes

NUMBER OF SERVINGS: 6 or more depending on ages

1 pie crust, bottom only, (try spelt)

Precook until just before edges start to turn brown.

4 strips turkey bacon (additive-free), Applegate Farms

4 small turkey or chicken sausages (additive-free)

Cook in toaster oven until crisp. Dab off any extra fat. Crumble and cut into little pieces. Place in a medium bowl.

4 eggs, large (free range, antibiotic-free)

1 cup rice or cow's milk

1/4 tsp nutmeg, ground

1/4 tsp sea salt (optional)

Beat together in a bowl. Set aside.

1 cup mozzarella cheese, shredded

Add to bacon and sausage. Stir together. Spread across bottom of pie crust. Pour egg mixture over top.

3 dashes paprika

Sprinkle on top. Place quiche in oven. Bake until eggs are firm, about 20 minutes. Let stand a few minutes before serving.

OPTIONS: Serve with 1/4 cup broccoli florets sliced off stems (just the flowers). Use leftovers in the egg/milk mix.

COMMENTS: "Quiche, Quiche, Quiche!" The Kid Kritics chanted this after we served it to them.

RECIPE SOURCE: type here

5 God-made FOOD COLORS: brown, yellow, white, red, green

6 FOOD GROUPS: whole grains, poultry, eggs, dairy, spices, vegetables

We know kids like this and it is easy to prepare. You can take the basic egg/milk mix and add any combination of good foods along with mozzarella cheese. Tailor it to what is in your refrigerator. Customize it to your families tastes. Don't be afraid to try new combinations. This is a great foundation for expanding the taste buds of your family!

