

Ham and Cheese Quiche

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Serves 6

Blue – 8 points

Purple – 8 points

Green – 9 points

Crust

- 1 1/2 cups self rising flour
- 1 cup Fat free Greek yogurt 1/2

Filling

- 8 oz reduced fat cheddar cheese, shredded (Cabot 75% reduced fat)
- 1 1/2 cups diced, cooked ham
- 3 eggs
- 1 cup 1% milk
- 1/2 cup fat free half and half
- 1 tsp salt
- freshly ground black pepper

Crust

1. Heat oven to 400.
2. In a bowl, mix self rising flour and greek yogurt to form a dough. Knead a few times. On a piece of wax paper

or parchment paper sprayed with non stick spray, roll out 1/2 the dough to fit in the bottom of a 9 inch pie plate. Spray the pie plate with non stick spray. Carefully, using the parchment paper as a guide lay the dough in the pan and fit to sides.

3. Bake for 20 minutes or until golden brown

Filling

1. Whisk the eggs, milk, half and half, salt and pepper together in a medium bowl until frothy and combined; set aside
2. Sprinkle 1/2 the cheese over the baked pie crust. Top with the ham, then sprinkle with the remaining cheese. Pour the egg mixture into the crust
3. Bake until the edges are set but the center still jiggles just a little, 30 to 40 minutes. Cool for at least 20 minutes. Serve warm, at room temperature or cold.

Main Course

Breakfast, Eggs