



# Wickham Farms CSA

## Swiss Chard and Spring Onion Quiche

*This recipe is richer than usual, but we wanted to give you a luscious recipe for these ingredients. If you wish to cut down on fat, replace the half & half with fat-free half & half and replace some or all of the eggs with liquid egg whites.*

### Ingredients

- 1 pre-made refrigerated pie crust (homemade or store bought)
- 1/2 pound Swiss chard
- 2 Tbsp. butter
- 2 large- or 3 medium-sized spring onions (about 2 cups), both green and white parts; chopped
- 1 tsp. salt; divided
- 1½ cups half & half
- 2 eggs
- 2 egg yolks
- 1/4 tsp. white pepper (or use fresh ground pepper)
- pinch of nutmeg
- 4 oz. (1/2 cup) Swiss or gruyere cheese; grated



### Method

1. Preheat the oven to 375 degrees Fahrenheit.
2. Place the refrigerated pie crust in a 9-inch pie pan, preferably glass. Crimp the edges of the pie crust to form a decorative edge, if desired. Press a doubled 12-inch square of aluminum foil inside pie crust shell and evenly distribute pie weights or dried beans over the foil. Bake pie crust for 15 minutes. Remove foil and weights by gathering sides of foil and pulling up and out.
3. While crust is baking, rip the stems from the chard leaves. Cut off and discard the thickest inch or so of the chard stems. Line up the rest of the chard stems side to side and cut cross-wise into small pieces; set aside. Cut the chard leaves into 1-inch pieces.
4. Heat butter in a large sauté pan over medium heat. Add the chard stems and sauté for 4 minutes (until stems are starting to soften), then add the spring onions and sauté over medium heat until the spring onions are soft (about 4 minutes more). Stir in 1/2 teaspoon salt, then add the Swiss chard leaves and continue cooking for about 2 minutes more (until the chard leaves have wilted).
5. Transfer the Swiss chard mixture to a colander, then gently press out any excess moisture with a spatula or bunched up paper towels.
6. In a medium bowl, combine the eggs and egg yolks, half & half, the rest of the salt, pepper, and a pinch of nutmeg. Whisk well to combine.
7. Spread the cheese evenly in the pie shell. Top with the Swiss chard mixture and spread evenly. Pour the egg mixture over the top.
8. Bake until lightly golden brown and a knife blade inserted about 1 inch from the edge comes out clean and the center feels set and soft (about 32 to 35 minutes). Transfer the quiche to a rack to cool.

Serve warm or at room temperature.