



## 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.*

Serves 6-8

- 1 pre-made refrigerated pie crust (homemade or store bought)
- ½ pound Swiss chard
- 2 Tbsp. butter
- 2 large or 3 medium-sized spring onions, green and white parts, chopped (about 2 cups)
- 1 teaspoon salt, divided
- 1 1/2 cups half & half
- 2 eggs, plus 2 egg yolks
- ¼ teaspoon white pepper (or use fresh ground pepper)
- Pinch of nutmeg
- 4 ounces Swiss or Gruyere cheese, grated (1/2 cup)



Preheat oven to 375 degrees.

Place the refrigerated pie crust in a 9" pie pan, preferably glass. Crimp the edges of the dough to form a decorative edge, if desired. Press a doubled 12-inch square of aluminum foil inside dough shell; evenly distribute pie weights or dried beans over the foil. Bake 15 minutes. Remove foil and weights by gathering sides of foil and pulling up and out.

While crust is baking, rip the stems from the chard leaves. Cut off and discard the thickest inch or so of the chard stems; the rest, line up side to side and cut cross-wise into small pieces. Set aside. Cut the chard leaves into one-inch pieces.

Heat 2 Tbsp. 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 onions and sauté over medium heat until the onions are soft, about 4 minutes more. Stir in ½ teaspoon salt, then add the Swiss chard leaves and continue cooking for about 2 minutes more until the chard has wilted.

Transfer the Swiss chard mixture to a colander, then gently press out any excess moisture with a spatula or bunched up paper towels.

In a medium bowl, combine the eggs, half-n-half, the rest of the salt, pepper and a pinch of nutmeg. Whisk well to combine.

Spread the cheese evenly in the pie shell. Top with the chard mixture and spread evenly. Pour the egg mixture over the top.

Bake until lightly golden brown and a knife blade inserted about one inch from the edge comes out clean, and center feels set and soft like gelatin, 32 to 35 minutes. Transfer quiche to a rack to cool. Serve warm or at room temperature.