

Quiche Lorraine

Total: 75 min. Active: 50 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 332. Total Fat: 23g. Carbs: 17g. Protein: 16g.

Ingredients

- 1 (9 in.) whole-wheat pie crust
- 2 slices thick cut bacon, cut into 1/2 in. pieces
- 1 cup onion, thinly sliced
- 4 large eggs, lightly beaten
- 1 1/2 cups milk
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 cup shredded Gruyère cheese

Refrigerate for up to 3 days.



Directions

Preheat the oven to 375 degrees F.

Pierce bottom and sides of pie crust with a fork. Bake for 15 minutes. Transfer to a wire rack. Reduce oven temperature to 350 degrees.

Meanwhile, cook bacon in a large skillet over medium-low heat, stirring occasionally, until crisp, 8 to 10 minutes. Remove to a clean plate with a slotted spoon. Add onion to the pan and cook, stirring occasionally, until tender, 4 to 6 minutes. Scrape the onion into the crust.

Whisk eggs, milk, nutmeg, salt and pepper in a medium bowl. Sprinkle the bacon and half the Gruyère over the onion, then pour the egg mixture over the top. Sprinkle with the remaining cheese. Set the pan on a baking sheet.

Bake the quiche until the top is golden brown and the filling is set, about 40 minutes. Let cool for 15 minutes before serving.