Reece Watson

Junior

Protein

Shelby County

Farm Fresh Quiche

1 pie crust
Pinch of salt
Pinch of pepper
1 tablespoon butter
1/2 cup half and half
1/2 cup tomatoes
1/2 cup green onions
1/2 cup ham
1/2 cup cooked bell peppers

Put refrigerated pie crust in pie plate. Cook bell peppers in butter. Mix eggs, half and half, salt, pepper, tomatoes, ham and bell peppers. Pour in pie pan and cover with foil. Bake at 400 degrees for 45 minutes. Remove foil and cook 15 more minutes or until it is set.

Serving Size: 8 servings
Prep Time: 20 minutes
Total Time: 1 hour
Cost Per Serving: $1.05
Nutritional Value: 25 % Daily recommended