Basic Recipe #2: Breakfast Quiche Creating Safe Recipes Activity

# **Ingredients (makes 6-8 servings)**

* 1 frozen pie crust, thawed according to directions on box
* 4 eggs
* ¾ cup whole milk
* 1 cup shredded cheddar cheese
* 8 strips of bacon
* ½ green bell pepper, diced
* 5 green onions, chopped
* ¼ tsp each of salt and pepper

# **Instructions**

1. Dice and chop the bell pepper and green onions:
2. Line a baking sheet with tin foil. Place strips of bacon flat on the foil; do not overlap them. Prior to preheating, place in the oven, then set oven to 400 °F and bake for 12-17 minutes. Check every couple minutes starting at 10 minutes to ensure it does not burn. When done cooking, remove the bacon from the oven and use tongs to place on a paper towel to absorb excess grease. Cut or crumble the bacon into small pieces.
3. Reduce temperature of the oven to 350 °F.
4. In a medium mixing bowl, mix eggs, milk, cheese, crumbled bacon, green pepper, green onion, salt, and pepper. Pour into the thawed pie crust.
5. Bake 40-50 minutes.

\*Recipe adapted from Pillsbury Kitchens “Bacon and Cheese Quiche"