

## C's Endless Possibilities Quiche

This recipe makes two 9 inch deep dish quiches

Pre heat oven to 350° (if your oven runs hot, lower heat to 325°)

### Ingredients:

2 refrigerated pie shells

1 16 oz. carton egg replacement

2/3 cup 2% milk

2/3 cup grated cheddar cheese

1 15 oz. can chicken or turkey chili with beans

### Directions:

1. In a large bowl, combine the egg replacement and milk. whisk until frothy by hand. Place pie shell into each pie dish. Evenly sprinkle cheese and the can of chili into each shell. Pour in milk -n- egg mixture.

2. Transfer to a heavy metal cookie sheet and then into the oven for 35 - 40 minutes.

3. Remove from oven when the quiche is firm. Fully cool before cutting.

-There are endless possibilities for making a quiche. Use the basic recipe above (milk, egg replacement, pie shells), but you can change out the chili and cheese with whatever you have on hand. Chopped veggies, crumbled bacon, diced ham, shredded chicken, saute ed spinach, chopped tomatoes, feta cheese...you name it! If you do use other variations you may need to season the quiche with something that compliments your ingredients.

**Yields:** TWO 9 inch quiches or \*4 servings per quiche

Calories: (1/4 but above per quiche): 195 Protein: 28 grams Carbs: 36 Fat 8 grams

**-ONE FOUR UNIT MEAL-**

**\*to make this a 3 UNIT MEAL make 6 servings per quiche**