

THIS WEEK'S RECIPE

As seen on hdnews.net



Pat's Quiche

Crust

- 6 1/2 T Solid Shortening
- 1 1/4 cup flour
- 1/2 t salt
- 3 T milk

Preheat oven to 350. Mix thoroughly with a fork flour, Crisco and salt. Add milk and mix. Roll out on a flour covered, flat surface with a rolling pin. Lightly dust baking dish with flour and place dough into the dish. Pinch tops of sides together; poke dough with a fork to allow even baking. Bake crust until it starts to turn brown and remove from oven.

Filling

- 1/2 white onion
- 1/2 pint grape or cherry tomatoes
- 2 cups fresh broccoli
- 1 1/3 cup Swiss cheese

- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1/2 t salt
- 1 t flour
- 3 eggs
- 1/4 t tobasco sauce
- light cream to make 2 cups

Flavor with pepper, dill weed and cumin
Finely chop onion, cut broccoli florets from stems and sauté. Halve tomatoes and add to other vegetables. Remove from heat when slightly browned. Place on crust. Chop or shred swiss cheese and place on top of vegetables. Mix remaining ingredients and pour on top.

Bake at 350 for approximately one hour or until filling has risen and is a deep golden brown. Remove from oven and allow to cool 5 to 10 minutes before serving.

Provided by: Pat Lowry



Research and Extension

Nutrition Facts

Serving Size (211g)
Servings Per Container 8

Amount Per Serving
Calories 490 Calories from Fat 360

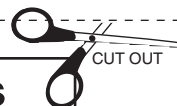
	% Daily Value*
Total Fat 39g	61%
Saturated Fat 17g	86%
Cholesterol 160mg	53%
Sodium 450mg	19%
Total Carbohydrate 22g	12%
Dietary Fiber 1g	7%
Sugars 2g	
Protein 13g	

Vitamin A 30% • Vitamin C 35%
Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
Pat's Quiche; Tobasco, dillweed and cumin not included in analysis



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Solid Shortening.....	#11
Flour.....	#11
Salt. Pepper, Dill Weed And Cumin.....	#11
Milk.....	Dairy
White Onion.....	Produce
Grape Or Cherry Tomatoes ..	Produce
Broccoli.....	Produce
Swiss Cheese.....	Dairy
Sour Cream.....	Dairy
Mayonnaise.....	#11
Eggs.....	Dairy
Tobasco Sauce.....	#11
Light Cream.....	Daisy

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