



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

ASPARAGUS QUICHE



An asparagus quiche is perfect for spring brunch with fresh, simple flavors. Cut large pieces for an entree or smaller wedges for appetizers. Serve with strawberries or other seasonal fruit.



01 HR 05 MINS



Serves 6



Featuring

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INGREDIENTS

- 6 eggs
- 1 tablespoon olive oil
- 1/2 yellow onion, chopped
- Salt and black pepper to taste
- 1 bunch asparagus, trimmed of tough ends (about 2 inches), cut into 1-inch pieces
- 1-1/2 cup shredded Swiss or Gruyere cheese
- 1 cup whole milk
- 5 to 6 stalks asparagus saved from the bunch for garnish on top
- One prepared deep dish pie crust

METHOD

Preheat oven to 375°F. Heat olive oil in a medium nonstick frying pan. Add chopped onion and lightly cook until clear. Add chopped

asparagus and cook until just softened. Remove from heat. Cool.

In the bowl with the eggs, add in cooled asparagus and onion. Mix in cheese and milk. Add salt and pepper to taste.

Pour into deep dish pie plate on top of the crust. Place on a sheet pan to avoid spills and then place in the oven. Cook for 40 to 45 minutes or until the center of the quiche doesn't jiggle. Cool slightly before cutting.