

Crustless Goat Cheese Quiche

I did this one with a little crispy prosciutto, sauteed mushrooms, and asparagus, but you can use anything in your produce drawer or in season!

Ingredients:

2-3 slices of prosciutto-torn

10 oz mushrooms-sliced

Asparagus (as much as you'd like)-cut into one inch pieces (remove woody ends)

3 oz log goat cheese

6 oz hand shredded parmesan-divided

4-5 large eggs, depending on size (I used 5)

$\frac{2}{3}$ - $\frac{3}{4}$ cup of milk, depending on how many eggs you used (I did a wee bit more than $\frac{2}{3}$)

Olive oil

Salt

Pepper

Spices to taste for filling

1. Pre-heat your oven to 375 degrees
2. Crisp your torn prosciutto in a skillet on medium to medium low heat, until it begins to brown and get crispy. Remove to paper towel.
3. To that pan, add about a tablespoon of olive oil and saute mushrooms until they begin to brown over medium high heat. You may want to add a splash of dry white wine, as well as seasoning with salt, pepper, and garlic powder.
4. When your mushrooms are just about finished, add the asparagus and cook for a few minutes until it's still bright green and a bit crunchy, but not raw.
5. Take your veggies off the heat and add in your 3 oz of log goat cheese to soften. Mix together.
6. Whisk together 4-5 eggs and milk. Add half of your grated parm. Whisk until combined.
7. Add your goat cheese and veggie mixture and stir well.
8. Pour your cheese, egg/milk, and veggie filling into a pie plate that you have sprayed with non-stick spray (I used an olive oil spray).

9. Bake for 20 minutes, then remove and top with remaining parm.
10. Bake another 15-25 minutes or until the egg mixture is set and no longer jiggly.
11. Let cool for 10 minutes before serving.

I recommend serving this with a mixed green salad and a shallot vinaigrette!