

Roasted Vegetable Quiche

Ingredients

- 1 1/4 TBS - Flour
- 1/4 tsp - Salt
- 1/4 tsp - Chili powder
- 1/2 tsp - Granulated garlic
- 2 TBS - Parmesan grated
- 1 1/4 TBS - Flat-leaf parsley, finely chopped
- 5 or 6 - Eggs
- 3/4 cup - Milk
- 1 cup - Ham, cooked, finely diced
- 1 - Pie shell par-baked
- 1 - yellow pepper
- 1 - red pepper
- 7 - spears of asparagus
- 1 - Vidalia onion
- 1/2 - bulb fennel, diced

Preparation

- Preheat oven to 350 degrees
- Yellow pepper - section, dice, roast and dice smaller
- Red pepper - section, dice, roast and dice smaller
- Asparagus - roast and chop
- Vidalia onion - dice, roast and dice smaller
- In a medium-sized bowl, whisk together the flour, salt, chili powder, granulated garlic, Parmesan and parsley.
- Add the eggs and milk and mix thoroughly.
- Sprinkle the ham then cheese in the pie shell.
- Sprinkle the peppers, asparagus, onion and fennel into pie shell
- Stir to re-blend and carefully pour the milk-egg mixture over the ham and cheese.
- Bake until puffed and golden brown, about 40 minutes.
- Let stand for 10 minutes before cutting and serving.
- Serve with diced fried potatoes.

Serves 6 - 8