

Speedy cheese and red pepper quiche.



This is a very healthy and quick recipe making 1 large quiche or 8 individual.

Ingredients

- 1 red onion (sliced)
- 1 red pepper (finely shredded)
- Small sprinkle of oregano
- salt & pepper as required
- Large floured tortillas
- 100g grated mature cheddar
- 2 large eggs (or 3 Medium)
- $\frac{1}{2}$ pt milk (250ml)
- Vegetable oil

Method

Preheat your oven to 170oc or gas mark 3

Lightly fry the onions and peppers in the oil until soft and as much of the liquid has evaporated. (Tip: sprinkle a little salt into the pan as this helps to bring out the water from the onions and peppers) Allow to cool.

Beat the eggs together adding some salt and pepper (to your personal taste), pour in the milk and continue to whisk until well mixed.

If making a large quiche Line a pie dish with the tortilla. If making individual ones using a round cutter cut out circles and line each pocket of a muffin tin with the tortilla.

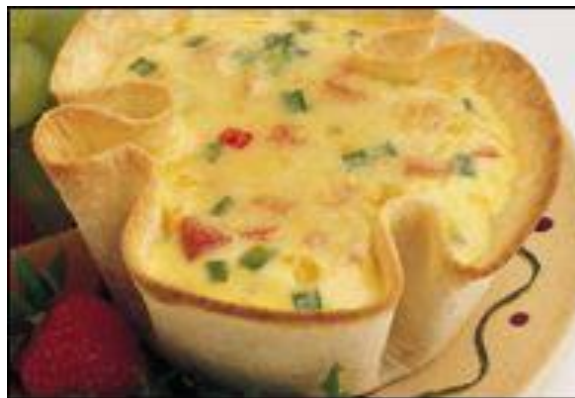
Take the pepper and onion mix and put it into the tortilla case / cases sprinkle on the oregano followed by most of the grated cheese.

Pour over the milk mixture and sprinkle the remaining cheese on top.

Bake in the over for approx. 25-30 mins for the large quiche and 15-20 mins for the individuals until the milk mixture has set and they are golden brown.

You can make any flavour quiche, remember to get as much moisture out of you extra item sand 4 large eggs to 1 pint of milk and you can't go far wrong!!

I like to use feta cheese and spinach (Smiley face)



All these recipes have been put together for the children of Waulud Primary school.