

Farm Fresh Crust-less Quiche

8-9 Large eggs
5 Slices turkey bacon or 4-5 oz. chicken sausage cooked
4 Shallots caramelized
4 or 5 Large mushrooms
3 Sprigs fresh dill
7 Large fresh basil leaves
10 Fresh Parsley leaves
5 Table Spoons (Tbsp.) Goat cheese crumbled or cube slices of goat/sheep cheddar
Power greens (fresh kale, Swiss chard, spinach)
Salt and pepper to taste (adjust salt if meat is already salted)

Preheat oven to 350 degrees Fahrenheit

In skillet pan cook bacon or sausage remove and set aside, once cooled, dice into small pieces.

In same skillet pan sauté shallots until caramelized.

In large bowl whisk eggs, season with salt and pepper, set aside.

Spray 8 inch pie plate with olive oil cooking spray.

Remove herbs from stems and cut into small pieces, blend in small bowl and set aside.

Layer power greens on bottom of dish filling to the rim or slightly over the rim of plate as they cook down.

Layer the next ingredients, bacon/sausage, shallots, mushrooms, herbs and then goat/sheep cheese to ensure each slice of the "pie" will have all ingredients

Note: Do not rush the following step as ingredients will spill out of dish over the power greens.

With a fork, open crevices to fill the gaps with egg. Add beaten eggs SLOWLY filling in the open crevices of the dish to get through the greens and surround the dish.

Bake at 350 degrees Fahrenheit for 40 minutes or until center springs back to the touch.

Serves 4-5

