

GRAB & GO QUICHE with VARIATIONS



Quiche is one of my favorite freezer meals. Using 2 Man Size Pans, I have plenty for the freezer after a tasty quiche meal. Since we travel into Anchorage every Wednesday for church, these portion size quiches are perfect.

1. Spray man-size muffin pans with Vegalene. Preheat oven to 350.
2. Use Food Processor to make 2 Cups of crumbs from 3 slices of bread. Spread evenly around muffin pans.
3. Chop veggies of choice & meat of choice. I like mushrooms, celery, onion, peppers. OR puree in your blender with the milk & eggs.
4. Add seasonings - Italian, Pizza, Taco, Montreal Steak, salt & pepper.
5. Grate up cheese of choice & layer over meat/veggie layer.
6. Blend 6 eggs, 1 1/2 C milk or cream in blender. Pour over filling.
7. Bake at 350 until set, about 30 minutes.

QUICHE VARIATIONS

1. Taco flavored burger with onion, cheese, olives. Serve with a sour cream mixed with salsa. Here are 10 of them baked & ready for the freezer.
2. Flaked Salmon with crunchy celery, peppers, & onion. Top with cheese