

Quiche with Brown Rice Crust

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Crust:

- 1 ½ cup cooked brown rice
- 1-2 egg whites
- salt
- cheese
- seasoning as desired

Mix and pat into bottom of pie pan and bake at 350° for 10 minutes.

Filling:

- 5 eggs (or the leftover 2 yolks and 4 eggs)
- ½ cup cream or milk
- 2 cups sautéed or steamed veggies, such as onion and garlic, spinach, tomatoes, asparagus, mushrooms, broccoli, carrots
- 1 cup of cheese
- 4-6 slices of bacon or ham, if desired
- salt & pepper or seasonings, as desired

Sprinkle vegetables on crust, add cheese and meat then pour egg and milk mixture on top. Bake at 325° for 30-45 minutes until cooked through. May double this recipe and make in a 9×13 inch pan. Refrigerates well.