

# Quiche with Whole Wheat Pie Crust

A whole wheat pie crust filled with a combination of ground turkey, spinach, eggs, and seasonings, topped with cheese and baked

Yield:

8 servings

Ingredients:

Whole Wheat Pie Shell Ingredients:

- 1 1/3 cups whole wheat flour
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup (1 stick) butter, softened
- 1 teaspoon vinegar
- 1 egg
- 1 tablespoon cold water

Quiche Filling Ingredients:

- 1 large onion, chopped
- 1 pound ground turkey (85% lean or leaner)\*
- 9 ounces fresh spinach leaves, coarsely chopped\*\*
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 2 large eggs
- 3/4 cup whole milk
- 4 to 6 ounces shredded sharp cheddar or mozzarella cheese

Instructions:

1. To make crust, combine flour, salt, and sugar. Cut in

butter. In a separate small bowl, lightly beat egg, vinegar, and water. Add to dry mixture and knead with hands for a few minutes, until smooth.

2. On a lightly floured surface, roll dough into a circle and place in a 10-inch pie plate. Trim and flute edges. Prick with a fork on bottom and sides. Preheat oven to 475 degrees and bake for 8 minutes. Remove from oven.

3. To make filling, brown turkey with the chopped onion. Drain grease, return to skillet, and add the chopped spinach. Over medium-low heat, cook and stir until spinach starts to wilt. Remove from heat.

4. In a large mixing bowl, lightly beat eggs, salt, pepper, and nutmeg. Add milk and mix. Add turkey and spinach mixture, stirring to combine. Pour into pre-baked pie shell. Top with shredded cheese.

5. Bake at 375 degrees for 30 minutes. Let stand 10 minutes before cutting into pieces and serving.



This recipe is from Tammy's Recipes.