

Njeri's Mushroom and Asparagus Quiche



Ingredients (these ingredients fill

2 (9") pie pans

- 2 onions thinly sliced
- 24 oz Portobello mushrooms (or any mushrooms you like, feel free to mix them) coarsely chopped
- 2 lbs Asparagus
- ¼ teaspoon Celtic Gray Sea Salt
- 2 teaspoons Fresh ground black pepper
- 1-2 Tablespoons of Olive oil
- 2 (9 inch) pie crusts (regular or gluten free) pre made
- 1 cup cheddar cheese (shredded)
- 6 eggs
- 3 cups whole milk (or half in half or 2 % milk)

Photo courtesy of TasteofHome.com

Directions

1. Vegetables
 - a. Preheat oven to 400 degrees
 - b. Thinly slice your onions and coarsely chop your mushrooms and place all of them on a baking sheet / cookie tray. Drizzle the vegetables with 1 tablespoon of olive oil and mix until coated (add more olive oil if it appears dry) . You may need to divide the vegetables up into 2 batches and cook. Roast in the oven for 20-25 minutes, checking every 10 minutes to toss. Remove from oven and sprinkle with ¼ teaspoon salt and 1 teaspoon black pepper, then toss and let cool.
 - c. Take your asparagus and cut the tough ends off about 1 inch. Lay the asparagus out on your baking sheet and roast for 15 minutes. Remove from oven, let cool then chop into ½ inch wide pieces.
2. Egg Base
 - a. In a large bowl combine 3 cups of milk, 6 eggs, 1 teaspoon black pepper. Whisk all until well blended and fluffy. Add ½ cup of cheese and mix.
3. Putting it Together
 - a. Take your 2 (9 inch pie crusts)
 - b. Place your mushrooms, onions, asparagus evenly divided into each pie pan
 - c. Pour your egg base over the vegetables
 - d. Sprinkle the remaining ½ cup of cheese evenly divided into each pie pan
4. Place both pies on a baking sheet and in the oven. Bake on 400 degrees for 45 -50 minutes or until the egg is well formed.