

Onion Quiche

Preparation time **10 minutes**

Cooking time **60 minutes**

Servings **4**

Cost per serving **\$1.64**

Storage **3 days in the fridge.
Can be frozen.**

Kitchen tools **Cutting board, 9-inch pie plate, sharp knife, frying pan, fork, whisk, measuring cups and spoons, grater, rolling pin, wooden spoon, large bowl**



Ingredients

OR MAKE A HAM AND SPINACH OR CHEESE AND CHIVES QUICHE, OR ANY OTHER QUICHE BY REPLACING THE ONIONS WITH YOUR CHOICE OF INGREDIENTS.



20 ml (4 tsp)
canola oil



2 large or 4 small **yellow onions**, sliced (about 500 ml / 2 cups)



10 ml (2 tsp)
sugar



Salt and pepper
to taste

SEE OUR PIE CRUST RECIPE!



Uncooked **pie crust**, in a 9-inch pie plate



3 **eggs**



80 ml (1/3 cup)
milk

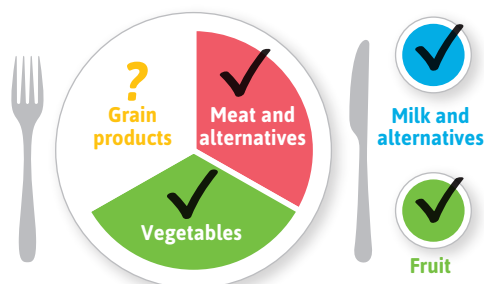


5 ml (1 tsp)
mustard powder



200 g grated **mozzarella cheese** (about 375 ml / 1 1/2 cups)

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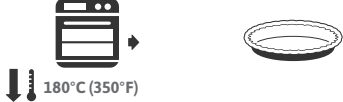
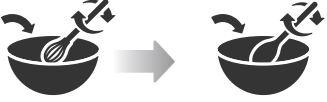
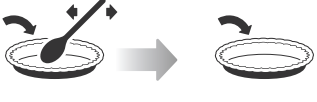


Balanced plate

Serve with:

- ? Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit
- ? A grain product (a home-made cookie for dessert, for example)

Directions

<p>1 Place oven rack in the middle position and preheat the oven to 190°C (375°F).</p>	
<p>2 In a large frying pan over medium-low heat, cook the onions in the oil for 15 minutes, stirring occasionally, until browned.</p>	
<p>3 Add the sugar, salt and pepper and cook for 15 more minutes, stirring occasionally.</p>	
<p>4 Meanwhile, prick the pie crust with a fork and bake for about 10 to 12 minutes.</p>	
<p>5 Once cooked, remove the crust from the oven and lower the temperature to 180°C (350°F).</p>	
<p>6 In the large bowl, whisk together the eggs, milk, mustard powder and the cheese. Add salt and pepper and mix.</p>	
<p>7 Spread the cooked onions over the crust and pour the egg mixture over the onions.</p>	
<p>8 Bake about 30 to 35 minutes, or until the quiche has set and a light brown crust forms on the top. Tip: Use the cooking time to prepare your side dishes.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition