
Filasky's Produce

Recipe Of The Week

Crustless Asparagus Quiche – With Mushrooms

- 1 tablespoon olive oil
 - 8 oz baby bella mushrooms – cleaned and sliced – about 2 cups
 - 1 bunch of fresh asparagus – chopped
 - 6 large eggs
 - 1/4 cup milk
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon ground black pepper
 - 1/2 cup grated parmesan cheese
 - 1/4 cup shredded mozzarella cheese
1. Preheat the oven to 350 degrees F and spray a 9-inch pie dish with cooking spray.
 2. Heat up a medium skillet with 1 tablespoon olive oil on the stove, add the sliced mushrooms and sauté them for 5-7 minutes. Then season them with salt and pepper and remove them from the pan and set aside to cool.
 3. Chop the asparagus and sauté it in the same pan you cooked the mushrooms in for 3 minutes or until golden and tender and set aside to cool for a couple of minutes.
 4. Crack the eggs into a medium size bowl, add the milk, and whisk until slightly frothy. Then add in the salt, pepper, cheese, and veggies and mix to combine.
 5. Pour the cheesy egg and veggie filling into the pie dish in an even layer.
 6. Arrange the pretty ends of the asparagus on top in any pattern you like, place the quiche in the oven, and bake for 35-45 minutes until the top is golden brown and the middle and top of the quiche are firm and golden.
 7. Once the asparagus quiche is done, remove it from the oven and let it cool on a trivet for at least 10 minutes before slicing and serving. Garnish it with chopped parsley or chives and more grated parmesan cheese.