



### **Sue Guida's Onion, Crimini & Kale Quiche with Cheese**

*This is a recipe I adapted from a magazine LONG ago, probably Woman's Day or the like. I generally use a 10-inch pie dish in case I get carried away with the vegetable amounts. This recipe is VERY adaptable; you can use spinach or braising greens instead of the kale. This recipe is VERY adaptable; you can use spinach or braising greens instead of the kale; and it's fine with "elderly" kale that's begun to wilt and is just past it's prime. You can also add any fresh or dried herbs you like, other veggies, etc. It really doesn't matter, IMHO, what kind of cheese you use; I use whatever's on hand. In this case I do prefer the earthy flavor of the crimini to white button mushrooms. - Sue Guida-*

One baked, 9-inch pie shell with high fluted rim

1/2 bunch kale, stems removed

1 large onion, chopped (1 cup)

1 Tbsp butter or margarine

3 eggs

1 and 1/2 cups milk (I used fat free)

1 Tbsp. flour

1 tsp. salt

1/4 tsp. pepper

1-1/2 cups shredded Swiss cheese

Coarsely chop kale leaves and steam until just limp. In a separate skillet saute onions and crimini slices in the butter or margarine till tender; if you wish to add any additional veggies, do so here. Stir in the steamed kale, turn off heat and set pan aside to cool a bit.

Beat the eggs, milk flour, salt & pepper till smooth. Stir in cheese and the onion/vegetable mixture. Turn into pre-baked pie shell. Bake in preheated 325F oven 40 min or till knife inserted in center comes out clean – or till nothing jiggles. Cool at least 10 min. Cut and serve 6.