

## No Crust - Can't Believe it Quiche

Have you ever kept a recipe card or piece of paper for decades? This recipe was given to me 40 years ago and every year I bring it out, usually for a brunch, and it is as delicious as the first time I made it! The dish looks fancy but is amazingly easy to make and people always ask me for the recipe. You can easily adapt it by putting in different ingredients to suite your diet and taste buds. You do not need to make it in a blender/food processor, but it is better than just stirring in a bowl.

### Pre-heat oven to 350 F - serves 4

½ lb bacon (or other protein)

1 cup shredded swiss cheese, (or other cheese)

½ cup finely chopped onion (can add peppers, cherry tomato, spinach as well)

2 cups of milk

4 eggs (I usually add 2 more egg whites)

¼ tsp salt

½ cup flour

1 tsp baking powder

1 tbsp. margarine or butter

4-6 drops hot pepper sauce (tobacco)



Cook bacon until crisp, drain and crumble. Lightly oil a 9 x 9 baking pan or high quiche dish as this quiche rises a lot and makes its own crust. Distribute protein, cheese, onion over bottom of the pan. In a blender, beat milk, tabasco sauce, eggs, salt, flour, baking soda and margarine/butter until blended and frothy. Pour over mixture in the pan. Sprinkle with paprika or ground pepper.

Bake 50-55 minutes until golden on top and a knife inserted off centre comes out clean. Let stand 5 minutes before cutting into large squares. Serve with a salad containing grapefruit, raspberries, blackberries, or some other fruit. I like a spinach salad on the side. This recipe does not freeze well and is better eaten fresh so invite some friends over or eat big portions for dinner!

