

NO CRUST QUICHE

This quiche makes its own crust and is easy to make with whatever you have in your fridge, (as long as you have 4 eggs). I received this recipe over 30 years ago and it is a favourite one for any meal from breakfast to dinner. Try paired with a fruit salad, green salad or soup. People always ask me for the recipe. Shout out to my Auntie Joan who gave me this recipe long ago.

**Preheat oven to 350 F, Prep time 15 mins, baking time 50-55 mins.*

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| ½ pound bacon (or other protein) | ½ cup Biscuit Mix (directions below) |
| 1 cup swiss cheese (or any cheese) | 4 eggs |
| ½ cup chopped onion (or peppers) | ¼ tsp salt |
| 2 cups of milk | 6 drops of hot pepper/tobacco sauce |

*You can add other items from your fridge to the recipe such as green onions, mushrooms, salami, ham, chicken, tomatoes. It is hard to mess this recipe up.

Cook bacon or any meat/fish. Lightly butter or oil the pan. You can cook in a 9 x 9 baking pan or a pie plate. Distribute your bacon or other protein on the bottom. Add cheese and veggies. In a blender or by hand, whip, milk, tobacco, eggs, salt and biscuit mix until frothy. Pour over mixture. Sprinkle with paprika. Bake 50-55 minutes until golden and a knife inserted off centre comes out clean. Let stand 5 mins before cutting. Makes 4 servings.

BISCUIT MIX – mix ½ cup flour, 1 tsp baking powder and 1 tablespoon margarine or butter OR my daughter says pancake mix works great! This quiche makes its own crust.

Leftovers can be kept in the fridge overnight but this quiche does not freeze well.

