



Crustless Quiche

Ingredients:

½ cup chopped pepper*

1 cup cheddar cheese, shredded*

4 eggs

1 ½ cups milk

¼ cup flour

3 Tbsp Fieldstone Organics, freshly ground cornmeal

Procedure:

Place chopped peppers on base on ungreased 9" pie plate.

Lay 1 cup of shredded cheese over pepper based.

Blend 4 eggs, 1 ½ cups milk, flour and cornmeal.

Pour over base and stir with a fork. Cornmeal and flour will settle to the bottom creating a base for the quiche.

Bake for 30 minutes at 400 degrees.

*Substitutions:

- Adding a mixture of garlic or garlic scapes with the pepper as well as some chopped chives or onions
- Use your favourite cheese in place of cheddar, goat cheese adds a nice flavour or try a combination

