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## Crustless Quiche

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### Ingredients

- ½ cup chopped peppers\*
- 1 cup cheddar cheese, shredded\*
- 4 eggs
- 1 ½ cups milk
- ¼ cup flour
- 3 tbsp Fieldstone Organics corn, ground into cornmeal

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### Method

Place chopped peppers on base in 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 450° F

### Notes

\*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.

