



## **Green Quiche**

for the crust:

- 3 ounces cream cheese
- 1/4 pound butter (at room temperature)
- 1 cup white whole wheat flour

Mix the cream cheese and butter with a hand mixer or in a food processor. Add the flour and mix until the dough comes together. Press into a greased quiche pan or greased individual tart pans.

for the filling:

- 1/4 cup green onion
- 1/2 cup sliced mushrooms
- 1/2 bunch Swiss chard, stems removed and roughly chopped
- 1/2 bunch lacinto kale, stems removed and roughly chopped
- 1 tbsp olive oil
- 1 tbsp butter
- 5 eggs
- 1 cup milk
- 1/2 cup half and half
- 1 tsp salt
- dash pepper
- 4 ounces grated Swiss cheese
- 2 cups steamed broccoli florets
- 1/2 cup diced tomatoes, seeds removed

Preheat oven to 350°. Heat the olive oil and butter in a pan over medium heat. Add the onion and mushroom and sauté until soft, about 5 minutes. Add the Swiss chard and kale and cook until wilted, about 3 more minutes. Set aside. In a blender, combine eggs, milk, half and half, salt and pepper. Blend until fully combined. Set aside. To assemble the quiche, place mushroom, greens and onion mixture in the bottom of the crust. Sprinkle with grated cheese. Add the broccoli and tomatoes. Pour the egg mixture over everything, filling the crust until just below the top of the crust. Place quiche dish in a jelly roll pan and bake in oven for one hour or until the filling is set. Let sit 5 - 10 minutes before serving.