

# Upside-Down Asparagus Quiche

Classic quiche, made better. The flaky, buttery pie crust is our favorite part of making a quiche. But the hassle of rolling it out, shaping it to the pan and then baking is too much work for a weeknight dinner, particularly when it has a tendency to go soggy. The solution? Baking the pie crust on top. Paired with asparagus, leeks and four cheeses, it's all the deliciousness and none of the hassle.

**40** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or Oven-Safe Casserole Dish  
Large Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Milk (1¼ cup)

### 4 MEEZ CONTAINERS

Asparagus & Leeks  
Cheese  
Egg & Cream  
Pie Crust

## Add Protein Cooking Instructions

**CHICKEN** - While the quiche is in the oven, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Serve alongside the quiche.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

## Good to Know

**Health snapshot per serving** – 720 Calories, 29g Protein, 46g Fat, 25 Smart Points.

**Lighten Up snap shot per serving** – 515 Calories, 26g Protein, 32g Fat, 17 Smart Points with half the pie crust.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Egg, Asparagus, Leeks, Pie Crust, Swiss, Gruyere, Pecorino Romano, Cream, Black Pepper

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 and coat your loaf pan (or casserole dish) with cooking spray or lightly brush inside with olive oil.

### 2. Sauté the Asparagus and Leeks

Toss the **Asparagus & Leeks** in a large mixing bowl with a drizzle of olive oil, salt and pepper. Place asparagus & leeks into a dry skillet over medium-high heat. Sauté for 2 to 3 minutes until bright green. Transfer to your loaf pan.

### 3. Make the Quiche

Add the **Egg & Cream** to the now empty mixing bowl along with  $\frac{3}{4}$  cup of milk and stir vigorously.

Stir in the **Cheese** until evenly dispersed.

Pour the entire mixture over the vegetables in the loaf pan and make sure the vegetables are spread out evenly before topping with the **Pie Crust**. Cover with the pie crust. It's OK to overlap the pieces so that you cover the entire top surface.

Bake for 20 to 25 minutes, until the pie crust is golden brown.

Remove from oven and let cool for at least 5 minutes before serving.

### 4. Serve and Enjoy

Portion the quiche onto plates and enjoy!

*Quiche is traditionally baked in a pie pan, but we like a loaf pan or rectangular baker for this recipe because it matches the shape of the pie crust.*

*After you pour the egg mix, make sure the veggies are not all clumped up in one spot in the pan.*

*Letting the quiche cool down for a bit allows it to finish cooking and hold together for serving.*

Instructions for two servings.

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