Basic Quiche

1 pie crust (Pat-In-Pan Pie Crust)
3 eggs
1 1/2 cups milk
1 cup grated cheese
1/4 teaspoon salt
1/4 teaspoon pepper
pinch of nutmeg

Combine all ingredients and pour into unbaked pie crust. Bake at 375°F for about one hour or until a knife inserted in the center comes out clean.

Quiche ideas

Try these ideas for variety:

1 cup broccoli
1 cup diced ham and 1/2 medium onion, diced and sautéed
1 4-ounce can green chilies and 1/2 medium onion, diced and sautéed
1/2 cup salsa
1 cup diced turkey and 1 can drained corn
Make up your own!

Pat-In-Pan Pie Crust

Measure 1 1/2 cups flour and 1/2 teaspoon salt into a 9-inch pie pan. Make a well in the flour mixture.
Stir 2 tablespoons milk into 1/2 cup vegetable oil in a measuring cup. Pour the milk/oil mixture into the well.
Stir the two mixtures together with a fork. When thoroughly mixed, press into the pie pan with your fingers until the dough covers the whole pie pan evenly.

Milk & Eggs

Milk products are the best source of calcium and a good source of protein. The USDA recommends we consume three servings of low- or fat-free milk a day for strong bones and teeth and for the prevention of osteoporosis. Milk may be used one week after the “use by” date. If it has been kept frozen, the shelf life increases to three to six months. Higher fat products such as milk, yogurt and most cheeses will lose textural quality after being frozen, but their nutritional quality does not suffer.

Eggs are an excellent source of protein as well as a good source of trace minerals such as copper, iron and phosphorus, and vitamins such as A, B1, B2 and D.

If you are concerned about cholesterol, limit the number of yolks you eat per week. Two whites may be used whenever a recipe calls for a whole egg.

A food safety reminder: Never use cracked eggs. Cook eggs or food with eggs thoroughly to kill any salmonella bacteria that may be present. Egg dishes should be cooked to 160°F.

Here are some recipes that will add more milk and eggs to your diet!

Be creative

One or two cups of any combination of lightly steamed or frozen vegetables or leftover meat may be added to the custard. If using frozen vegetables, thaw and squeeze out the excess water. This water may be used as part of the milk in the recipe.

Try the recipes on the back for more delicious and nutritious ways to use milk and eggs!
**Breakfast Smoothie**
Blend 1 cup yogurt, any flavor, with 1 banana. Thin to desired consistency with orange juice.

**Baked Custard**
2 eggs
¼ cup sugar
⅛ teaspoon salt
1 teaspoon vanilla
2 cups milk

Beat eggs, sugar, vanilla and salt together until blended but not foamy. Add the milk and stir until smooth. Pour into custard cups or a baking dish that will fit into another pan of water. Put the cups or dish into another pan and add 1 inch of water. Bake at 350°F until set. To test for doneness, insert a clean knife into the center of custard. If the knife comes out mostly clean, the custard is done.

**Eggs Florentine**
Melt 2 tablespoons butter or margarine in a pan. Add 1 to 2 tablespoons finely diced onion and cook until onion is translucent. Add 2 tablespoons flour and stir to mix. Slowly add 1 cup milk, stirring continuously, cooking until mixture boils. Add 1 10-ounce box of thawed, chopped spinach or 1 can of spinach, drained and chopped. Season to taste with salt, pepper, a pinch of nutmeg and garlic powder.

Hard boil four eggs. Peel and slice in half lengthwise. Arrange the eight halves in a small baking dish. Top with creamed spinach and grated mozzarella or sprinkle of Parmesan cheese. Or, top with a sprinkling of buttered bread crumbs.

Bake at 350°F for about 10 minutes or until warmed through. You may also microwave until warm.

**Alaska Salmon Bake**
vegetable oil cooking spray
1½ cups (about 7 ounces) fresh or frozen sweet pepper strips
7 eggs
½ cup water
1½ teaspoons Cajun or Creole seasoning
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional-pack Alaska salmon or 8 to 10 ounces skinless, boneless salmon (canned or pouched), drained and chunked
1 cup (4 ounces) shredded Colby-Jack or Mexican cheese blend, divided (¼ cup and ¼ cup)

Preheat oven to 400°F. Spray coat a 9-inch baking dish. Microwave peppers on HIGH on microwaveable plate (frozen peppers: 2 to 3 minutes; fresh peppers: 1 to 2 minutes). Drain and pat dry. Transfer peppers to baking dish. Beat together eggs, water and seasoning. Stir in salmon and ¼ cup cheese. Pour egg mixture over peppers. Top with remaining ¼ cup cheese. Bake 18 to 20 minutes, until puffed and golden.

**Variation:** Omit peppers, substituting 2 cups thawed hash browns. Bake for 20 minutes.

Source: Alaska Seafood Marketing Institute

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Call 1-877-520-5211 or visit www.uaf.edu/ces

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