



Crustless Quiche Base

4 large eggs

1/2 cup milk

1 tablespoon flour

1/4 teaspoon salt

1/4 teaspoon pepper

butter for greasing the ramekin

1 tablespoon parmesan cheese for dusting each ramekin

Suggested Additions

1/4 cup shredded cheese - cheddar, pepperjack, parmesan, mozzarella or fontina

1/4 cup veggies - cooked broccoli, spinach, tomatoes, mushrooms, asparagus

2 tablespoons meat - chopped ham, sausage, prosciutto, bacon

Instructions:

Preheat oven to 350 degrees.

Crack eggs into a medium mixing bowl and whisk together with the tablespoon of flour until there are no lumps. Whisk in the milk and salt and pepper. Butter the ramekins liberally and dust with parmesan cheese. Add the veggies, meats and cheese of your choice to the ramekin in an even layer. Pour the egg and milk mixture over the filling and bake for approximately 25-30 minutes until the eggs are set and a toothpick comes out clean when inserted. A 9" quiche may take 35-40 minutes or more to cook.