Basic Cheese Quiche



Ingredients:

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| Shredded cheese | ½ to 1 cup |
| Basic egg & lemon juice pie crust (9-inch), baked | 1 |
| Filling | ½ to 1 cup |
| Phil’s Fresh DHA Omega-3 Eggs | 6 |
| Milk | 1 cup |
| Dried thyme leaves or other herb | ½ tsp |
| Salt | 1 tsp |

\*Make filling from your favorite foods or leftovers. Use a combo of cheese, meat, seafood or poultry and vegetables

Directions:

1. Heat oven to 375F. Spread cheese evenly in bottom of piecrust. Top with filling in an even layer
2. Beat eggs, milk, salt and thyme in medium bowl until blended. Carefully pour over filling in piecrust
3. Bake in center of 375F oven until center is almost set but jiggles slightly when dish is gently shaken and knife inserted near center comes out clean, 30-40 minutes. Let stand 5 minutes. Cut into wedges.