

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
10-inch pie shells, unbaked	1 lb 11 oz	3 each	3 lb 6 oz	6 each	1. Prick the bottom and sides of pie shells. 2. To Bake: Conventional Oven: 425 degrees F, 5 to 7 minutes Convection Oven: 400 degrees F, 5 minutes Bake pie shells until lightly browned. Set aside for Step 7.
*Onions, minced OR	4 oz	3/4 cup	8 oz	1 1/2 cups	
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp	3. In a small pan, saute onions and green pepper in margarine or butter until tender, about 3 to 5 minutes. Set aside to cool.
Green peppers, diced	1 oz	1/4 cup	2 oz	1/2 cup	
Margarine or butter		1/4 cup 2 Tbsp	6 oz	3/4 cup	4. In a bowl, combine milk, eggs, and spices. Add onion and green pepper. Stir to blend.
Lowfat milk		1 qt		2 qt	
Fresh large eggs OR		6 each		12 each	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 7 oz (1 1/4 cups) of tomatoes over the bread crumbs and cheese in each crust. Pour 2 1/3 cups (15 oz) of egg mixture over the tomatoes in each crust. Top each quiche with 2 oz (1/2 cup) cheddar cheese.
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Salt		1/2 tsp		1 tsp	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 7 oz (1 1/4 cups) of tomatoes over the bread crumbs and cheese in each crust. Pour 2 1/3 cups (15 oz) of egg mixture over the tomatoes in each crust. Top each quiche with 2 oz (1/2 cup) cheddar cheese.
Black pepper		1/2 tsp		1 tsp	
Dry oregano leaves		1/8 tsp		1/4 tsp	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 7 oz (1 1/4 cups) of tomatoes over the bread crumbs and cheese in each crust. Pour 2 1/3 cups (15 oz) of egg mixture over the tomatoes in each crust. Top each quiche with 2 oz (1/2 cup) cheddar cheese.
Paprika		1/8 tsp		1/4 tsp	
Dried parsley flakes		1/2 tsp		1 tsp	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 7 oz (1 1/4 cups) of tomatoes over the bread crumbs and cheese in each crust. Pour 2 1/3 cups (15 oz) of egg mixture over the tomatoes in each crust. Top each quiche with 2 oz (1/2 cup) cheddar cheese.
Dry basil leaves		1/8 tsp		1/4 tsp	
Dry bread crumbs	4 oz	3/4 cup	8 oz	1 1/2 cups	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 7 oz (1 1/4 cups) of tomatoes over the bread crumbs and cheese in each crust. Pour 2 1/3 cups (15 oz) of egg mixture over the tomatoes in each crust. Top each quiche with 2 oz (1/2 cup) cheddar cheese.
Lowfat cheddar cheese, shredded	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups	
Canned, diced tomatoes	7 oz	1 1/4 cups	7 oz	1 1/4 cups	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 7 oz (1 1/4 cups) of tomatoes over the bread crumbs and cheese in each crust. Pour 2 1/3 cups (15 oz) of egg mixture over the tomatoes in each crust. Top each quiche with 2 oz (1/2 cup) cheddar cheese.
Cheddar cheese, shredded	6 oz	3/4 cup	12 oz	1 1/2 cup	

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6. Bake:
Conventional Oven: 375 degrees F, 40 minutes
Convection Oven: 350 degrees F, 35 minutes
Bake until knife inserted in center comes out clean.

CCP Heat to 155 degrees F or higher for at least 15 seconds.

7. Cut each pie into 9 slices.

CCP Hold for hot service at 140 degrees F or higher.

*See Marketing Guide

Marketing Guide

Food as Purchased

For 25 Svgs

For 50 Svgs

Onions

5 oz

10 oz