

Approx. 400kcal

# Summer Quiche



Ready in 30 minutes

Serves 4 people

## Ingredients

- 1-2 slices of bacon, drained and crumbled
- 1 small onion, chopped and cooked
- 1 small courgette
- 1 ready-made pie crust
- 1 cup shredded mozzarella cheese
- 4 eggs
- 1 cup of milk or cream
- Salt and Pepper

## Preparation

1. Prepare bacon and onion
2. Preheat oven to 375 degrees F
3. Slice courgette into thin ribbons, press dry between paper towels, chop into like size pieces
4. Sprays pie crust or quiche dish with cooking spray. Press one crust into pan, forming excess into the pan, forming a pretty edge
5. Add bacon, onion, cheese and courgette to crust
6. In a separate bowl, whisk eggs for 3-5 minutes, or longer! After fully, whisk in milk, salt and pepper
7. Pour egg mixture over other ingredients
8. Bake 30-35 minutes. Gently shake pan to check for doneness, do not remove if it is still liquid in the center. Quiche should be golden brown

## Tips

Substitute cheddar for mozzarella and drained frozen spinach for the courgette for a twist

VEGAN SPLASHING

# White Queso



Ready in 20 minutes

Serves 1 really hungry person  
(but really 8 people)

## Ingredients

- 1 1/2 lb good quality white American cheese, shredded
- 4 oz (1 lb) fat free cream, shredded
- 1 1/2 c half & half
- 2 Tbsp corned, dried green chilis
- 1 tsp chili powder
- 1 tsp red pepper flakes
- Salt and pepper
- Tortilla chips (for serving)
- Optional garnish: cilantro, sliced jalapenos, sliced tomatoes

## Preparation

1. Heat half & half in small saucepan over medium heat.
2. Once simmering (just before boiling) reduce heat to low. Immediately whisk in cheese in batches, starting with American cheese. Increase heat to medium and stir consistently using a whisk.
3. Once all cheese is melted, stir in green chilis, chili powder, red pepper flakes, and salt and pepper.
4. Garnish optional and enjoy with tortilla chips

Store in airtight container for 3-4 days. Reheat in microwave with a splash of half & half

# The Teenagers Menu Cookbook

**S Ashworth**



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