

Crustless Quiche Lorraine

Crustless quiche can make for a quick weekend brunch or even meal prep for lunches for the week. Pair with a green salad to get in some extra vegetables.

Ingredients

- cooking spray
- 6 strips center cut bacon
- 1 cup grated Gruyere cheese
- 2/3 cup 2% milk
- 1/4 cup half & half cream
- 6 large eggs
- 1/2 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- pinch freshly grated nutmeg
- 2 tablespoons chopped chives



Variations:

- Use Swiss or cheddar cheese instead of gruyere.
- Swap the bacon for chopped ham.
- Add spinach to the quiche Lorraine for some extra nutrients.
- Pour the egg mixture into a muffin tin to make crustless quiche Lorraine muffins. Bake at 350 degrees for 28-30 minutes.

Instructions

- Preheat your oven to 350F degrees. Spray a pie dish with oil.
- Cook the bacon: Heat a large frying pan on medium heat. Arrange strips of bacon in a single layer on the bottom of the pan.
- Slowly cook the bacon, turning the strips over occasionally until they are nicely browned then lay the cooked strips on a paper towel, chop the cooked bacon crosswise into 1/4-inch to 1/2-inch pieces.
- Evenly spread the bacon in the dish and top it evenly with the grated gruyere cheese.
- Make the custard mixture by whisking together the milk, half and half, eggs, salt, black pepper, and the nutmeg.
- Pour the custard into the dish and top with chives, bake 35 minutes, until the center is set.
- Cut the quiche into 6 pieces and serve.

Nutrition Information:

Serving: 1/6th, Calories: 205kcal, Carbohydrates: 2.5g, Protein: 16g, Fat: 14g