

Meat-Potato Quiche

Beverly Willard, MG

Serves 4-5

Preheat oven to 425° F

- 3 Tbs. vegetable oil
- 3 cups coarsely shredded raw potato
- 1 cup grated Swiss or cheddar cheese
- 3/4 cup cooked, diced chicken, ham or browned sausage
- 1/4 cup chopped onion
- 1 cup evaporated or whole milk
- 2 eggs
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 Tbs. chopped parsley



1. In a 9” pie pan mix together oil and potatoes. Press evenly into pie pan to form a crust. Bake for about 15 minutes until just starting to brown.
2. Remove from oven and layer on: cheese, meat and onion.
3. In a bowl beat together milk and eggs, salt and pepper. Pour egg mixture onto other ingredients and sprinkle with parsley.
4. Bake for about 30 minutes, or until lightly browned and a knife inserted 1” from the edge comes out clean. Allow quiche to cool 5 minutes before cutting into wedges.

Note: You can use leftover meat and add broccoli or other leftover vegetables.