

# Ham, Onion, and Cheese Quiche



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## **Cheese Quiche**

### Ingredients

2 onions, sliced

4 pieces of deli ham, chopped

8 eggs

1 cup milk

1  $\frac{1}{2}$  cups shredded cheddar cheese

$\frac{1}{2}$  cup shredded sharp white cheddar (i.e. cracker barrel)

Prepared pie crust (or make your own)

1-2 tablespoons butter

Salt and pepper, to taste

### Method

1. Preheat oven to 400 degrees.

2. In a large saute pan, melt butter and saute sliced onions over medium heat until tender. Meanwhile, whisk the eggs, milk and salt and pepper together in a large mixing bowl. Add the cheese and ham. Once the onions are soft and tender, add them to the egg, milk and cheese mixture. Stir to combine.

3. Place your pie crust into a pie baking dish. Pour in the egg mixture. Place pie dish on top of a baking sheet and place in the oven. Cook for 45 minutes with the outer crust covered in foil. Remove foil and bake for an additional 15 minutes or until a knife inserted in the center of the quiche comes out clean.

#### Notes

10 WW Freestyle SmartPoints (8 if using reduced fat cheddar)

#### Prep

- Prep: 20 Minutes
- Cook: 60 Minutes
- Total Time: 80 Minutes

Source: adapted from The Cottage Mama (8 servings)