

K's Kitchen: Breakfast quiche good enough for family

By Kathryn Reed

When I do eggs they are scrambled. I might add veggies to them, but little else changes.



But I so enjoy when others do something more for breakfast.

This spring we were at the Wild Rose Inn in Genoa where owner Sue Knight concocted a great quiche. Not having a crust surely made it even a bit healthier. It certainly makes it easier to assemble.

I decided to find the recipe she had given me and make it for my mom and sister, Pam, when they were here in late July. We all thoroughly enjoyed it.

Besides being so tasty, it is super easy to put together. Plus, depending on what veggies you have on hand or are in season, the flavor can keep changing. I used mushrooms, green onions and zucchini.

Changing the cheese would also alter the flavor.

No need to use a quiche dish. I put everything into a glass pie plate. Even a square pan would work.

Wild Rose Inn's Crustless Mushroom Quiche (6 servings)

$\frac{1}{2}$ pound mushrooms, sliced

1 bunch green onions, chopped

3 T butter or margarine

3 eggs

$\frac{1}{2}$ C, plus 1 T Biscuit mix

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp pepper

$\frac{1}{2}$ tsp nutmeg

$1\frac{1}{2}$ C milk

$1\frac{1}{2}$ C shredded Monterey jack cheese

Preheat oven to 350 degrees. Sauté mushrooms and onions in butter or margarine. In a large bowl, beat eggs. Add Biscuit mix, salt, pepper, and nutmeg; beat 1 minute.

Slowly add milk to egg mixture and blend thoroughly.

Place half of the mushrooms and onions in the bottom of a greased 9-inch quiche dish. Top with cheese, followed by remaining mushrooms and onions. Pour egg mixture over top.

Bake for 30 to 35 minutes, until set.