

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 sweetcorn
- 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 sweetcorn into thin ribbons, press dry between paper towels, chop into like size pieces
4. Spray pie plate 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 sweetcorn 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. Crust should be golden brown

Tips

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

VEGAN SPLASHING

White Queso



Ready in **20 minutes**

Serves **3 really hungry people**
(but really 8 people)

Ingredients

- 1 1/2 lb good quality white American cheese, shredded
- 4 oz (1 lb) fat free cream cheese, shredded
- 1 1/2 c half & half
- 2 Tbsp corned, dried green chiles
- 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 chiles, 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

Shasha Hu



The Teenagers Menu Cookbook:

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