

Wild Rice Quiche Recipe

By Robert Rice, owner of Pow Wow Grounds Coffee Shop

Filling

- 1 Red Bell pepper
- 1 C. Scallions
- 1 C. Mushrooms
- 1 C. Cooked Wild Rice
- 2 C. Cheese (I prefer Havarti)
- 2 TBSP Parmesan Cheese

Custard

- 4 Lg Eggs
- 1 C. Sour Cream
- 1 TBSP Dijon Mustard
- 2 TSP Black Pepper

[Note: I buy my pie crusts so if you want to make your own, go ahead!]

Shred the cheese and put 1 cup on the pie crust after you have baked it for 5 minutes.

Mix the pepper, scallions, wild rice, and mushrooms and put on top of the cheese.

Pour the custard on top of mix – I try to get every last drop of the custard into the pie shell with the other ingredients. Top the quiche with another layer of shredded cheese. I sprinkle the quiche with parmesan.

I usually cook the quiche for 35 to 45 minutes. Conventional oven at 375 degrees Fahrenheit or convection oven at 325 degrees Fahrenheit for the same amount of time. Let stand for 20 minutes.

This recipe was a part of Virtual Third Thursday: Resiliency Care Package. To learn more, visit artsmia.org/Third-Thursday.

