QUICHE

Oven Temp 350 degrees F

Bake 45 minutes

1 pastry pie shell prepared for quiche filling (not baked)

3 eggs beaten

1 ½ cups cream or milk

2 cups grated cheese

2 cups cooked and chopped asparagus

1 cup raw chopped kale

* In a bowl combine and mix eggs, cream, grated cheese and vegetables
* Pour mixture into pie shell and bake

TIPS: Quiche will rise or puff up like a soufflé and then shrink to its usual size shortly after it cools down a bit.