

Crustless Bacon, Swiss & Asparagus Quiche

Ingredients

- 6 slices of thick bacon, cooked and crumbled
- 1 cup of chopped onion or shallot
- 1 Tbsp. olive oil
- 1 carton of egg
- 2 Tbsp. flour
- 5 oz. grated Swiss cheese + some parmesan cheese
- 2 cloves of garlic
- 1 tsp. dried dill
- ½ tsp. black pepper
- ½ tsp. salt
- 2 cups of fresh chipped asparagus, precooked @ 5 minutes in microwave to remove moisture
- 1 fresh tomato, sliced & de-watered with paper towel

Method

1. Pre-heat oven to 350 degrees
2. Heat 1 Tbsp. olive oil in medium skillet. Add onion/shallot and cook until tender; add cooked-crumbled bacon and heat thru
3. In a large mixing bowl, combine eggs, flour, cheeses, asparagus, garlic, dill salt & pepper.
4. Add onion-bacon mixture and combine completely
5. Pour into a greased 10 inch pie plate
6. Top with sliced tomato
7. Bake for 25 minutes; remove from oven and sprinkle top with a bit of parmesan cheese.
8. Return to oven for another 30 minutes or until golden brown