

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shells, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	1. For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. 2. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 5.
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
*Fresh green peppers, diced	9 oz	1 ¾ cups	1 lb 2 oz	3 ½ cups	3. In a small pan, sauté onions and green pepper in margarine or butter until tender, about 3-5 minutes. Set aside to cool. 4. In a bowl, combine milk, eggs, salt, pepper, oregano, paprika, parsley, and basil. Add onion and green pepper. Stir to blend.
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Dried oregano		⅛ tsp		¼ tsp	
Paprika		⅛ tsp		¼ tsp	
Dried parsley		½ tsp		1 tsp	
Dried basil		⅛ tsp		¼ tsp	
Enriched dry bread crumbs	5 ½ oz	1 cup	11 oz	2 cups	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 3 Tbsp of this crumb mixture in the bottom of each baked crust.
Reduced fat Cheddar cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
Canned diced tomatoes, with juice	1 lb 2 oz	2 cups 3 Tbsp	2 lb 4 oz	1 qt 1 ⅓ cups	6. Pour 4 ½ oz (½ cup 2 ¼ tsp) of tomatoes over the bread crumbs and cheese in each crust.

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					7. Pour 15 oz (2 ¼ cups) of egg mixture over the tomatoes in each crust.
Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Top each quiche with 2 oz (½ cup) Cheddar cheese and 1 oz (3 Tbsp) green peppers.
*Fresh green peppers, diced	4 oz	¾ cup	8 oz	1 ½ cups	
Canned corn, whole kernel liquid packed, drained	1 lb 1 oz	¾ cup	2 lb 2 oz	1 ½ cups	9. Pour 4 ¼ oz (3 Tbsp) corn over egg and tomato mixture in each pie crust.
					10. Bake: Conventional oven: 375° F for 40 minutes Convection oven: 350° F for 35 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.
					11. CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Green peppers	1 lb 1 oz	2 lb 2 oz

SERVING:

1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.

YIELD:

24 Servings: 9 lb 5 oz
48 Servings: 18 lb 10 oz

VOLUME:

24 Servings: 4 pans
48 Servings: 8 pans

Tested 2004

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Nutrients Per Serving

Calories	343	Saturated Fat	6.93 g	Iron	1.96 mg
Protein	14.42 g	Cholesterol	77 mg	Calcium	329 mg
Carbohydrate	27.72 g	Vitamin A	746 IU	Sodium	560 mg
Total Fat	19.88 g	Vitamin C	16.2 mg	Dietary Fiber	1.5 g