

### **Crustless Cheddar and Chile Quiche**

*(A tasty and healthier alternative to its "crusty, creamy" cousin.)*

*3 tablespoons butter, melted*

*5 large eggs, beaten*

*1 cup cottage cheese*

*½ cup cheddar cheese, shredded*

*1 – 4 oz. can diced green chilies\**

*¼ cup flour*

*½ teaspoon baking powder*

*½ teaspoon salt*

*1. Preheat oven to 350 degrees. Brush 8 or 9" pie plate with 1 tablespoon butter. Set aside.*

*2. In a medium bowl, whisk together the eggs, cottage cheese, cheddar cheese, chilies, flour, baking powder, salt, and remaining 2 tablespoons butter.*

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*3. Pour mixture into prepared baking dish and bake until set. About 35 minutes.*

*\*If you prefer a spicier dish try using a combination of ½ green chilies and ½ diced jalapeños. For a very special taste, substitute roasted fresh poblano peppers.*

*There are several ways to roast your peppers:*

*Put fresh poblanos on a baking sheet and place under the oven broiler.*

*Light the gas on a gas stove-top burner and place pepper directly on surface.*

*Heat gas or charcoal grill and place peppers on the grilling surface.*

*Regardless of which method you choose, continue as follows:*

*Watch closely. When the peppers are charred and blistered, turn them over and repeat the process until all sides are charred and blistered. Remove from oven and place in a plastic zip lock bag or fold in a paper bag. Let sit for about 15 minutes.*

*Take peppers out of their bag. The skins should slough off very easily. Cut peppers open. Remove stem and seeds. Dice prepared peppers. Add and mix in about 4 oz.*

*to egg mixture. More if you like it spicier.*

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