

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.

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.