

Caramelized Onion, Mushrooms and Gruyere Quiche



Ingredients:

1 medium onion, sliced into half-moons
1 pound sliced cremini, shitake and portobello mushrooms
4 tablespoon olive oil
1 tablespoon fresh thyme leaves
½ teaspoon dry mustard
3 large eggs
1 cup milk
1 cup grated Gruyère cheese
Kosher salt
Fresh ground pepper

Optional Crust Ingredients:

1 pre-made refrigerated pie crust
1 egg yolk, mixed with 1 tablespoon of water

No Crust Directions:

- 1) Preheat the oven to 350 degrees.
- 2) Heat two tablespoons of olive oil in a large nonstick pan over a medium heat. Add the onion and cook, stirring occasionally, until golden brown and caramelized, about 8 to 10 minutes. Transfer the onions to a bowl.
- 3) Add the remaining two tablespoons of oil to the pan and heat over a medium heat. Add the mushrooms and cook, stirring occasionally, until they have released their water and begin to brown, about 6 to 8 minutes. Add the onions back to the pan, remove it from the heat and stir in the salt, pepper, mustard and thyme.
- 4) Wisk the eggs, milk and dry mustard together in a small bowl.
- 5) Spray a nine-inch pie or quiche dish with cooking spray and spread the mushroom-onion mixture on the bottom in an even layer. Pour the egg mixture into the dish and then sprinkle the Gruyere cheese on top.
- 6) Place the dish in the oven and bake it for 30 - 35 minutes until the outer edge is slightly browned or when a knife inserted in the middle of the quiche comes out clean.
- 7) Remove the pan from the oven and let it rest for 5 minutes before serving.
- 8) To serve, slice the quiche into pie shaped slices and distribute onto plates. Serve warm.

Optional Crust Directions:

- 5) Spray a nine-inch pie or quiche dish with cooking spray and line the dish with a pre-made pie crust. Spread the mushroom-onion mixture on the bottom in an even layer and then pour the egg mixture into the dish and then sprinkle the Gruyere cheese on top. Brush the egg yolk and water mixture along the outer edges of the crust.
- 6) Place the dish in the oven and bake it for 30 - 35 minutes until the crust is slightly browned or when a knife inserted in the middle of the quiche comes out clean.
- 7) Remove the pan from the oven and let it rest for 5 minutes before serving.
- 8) To serve, slice the quiche into pie shaped slices and distribute onto plates. Serve warm.