

Swiss Chard Quiche

Quiche is one of those kitchen sink recipes. You can make a different version depending on the season and use all types of local, organic foods to get different flavor combinations. This time we tried a ramp and swiss chard quiche adapted from Nerds over Knives [here](#). It was delicious and the substitutions were endless.



Ingredients:

- Pie Crust (could use frozen or use the recipe below to make your own)
- 5 eggs
- 1 ½ cups of heavy cream (could also use half and half or whole milk or omit and use more eggs)
- 5-6 swiss chard leaves (could also use kale, spinach, and other leafy greens)
- 4-5 ramps (could also use green garlic, garlic scapes, garlic or leeks)
- ½ onion
- 1 cup of cheese (I used cheddar could also use another hard cheese or goat cheese)
- Salt and pepper to taste
- Optional: Ground sausage, bacon, or mushrooms

Directions:

1. Preheat the oven to 375 degrees.
2. Chop up your vegetables.
 - a. Take the ramps and chop the leaves like basil and the bulbs like a green onion.
 - b. Rinse your swiss chard and separate your leaves from your stems. You can use both. Stack the leaves on top of each other and roll them. Take your knife and cut them into 1 inch sections and then make at least one cut lengthwise down the leaf until you have ribbons. Cut your stems into bite size pieces.
 - c. Cut your onion into half moons or larger pieces so they can caramelize in the pan.
3. Saute the onion and chard stems first. Let onion brown a bit and then add the ramps and swiss chard. Cook everything for 2-3 minutes until it gets tender.
4. Whisk eggs and milk together. Add salt and pepper to taste.
5. Shred your cheese.
6. Add half of your cooked veggies into the pie shell. Add any cooked protein or mushrooms if using. Add half the cheese and pour the egg/milk mixture in, and then add the remaining veggies and cheese
7. Place your quiche in the oven and bake for 40-45 minutes.
8. Let cool and serve.

Pie Crust Recipe (adapted from Martha Stewart [here](#)):

Ingredients:

- 1 cup of white flour
- ¼ cup of whole wheat flour
- 1 stick (8 tbsp. butter)
- 2-4 tsp. water

Directions:

1. Add flour and butter together in a food processor and pulse until you start to see it coming together.
2. Add in 2 tablespoons of water and pulse. Add an additional 2 tablespoons to get the mixture to form. Be careful to not overmix.
3. Once it's come together take it out and shape it into a round disc and wrap it in plastic wrap for at least an hour. It can also be kept overnight or frozen for later.
4. Once it's chilled in the refrigerator, take it out and let it come to room temperature and roll it out for your pie crust.