



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*

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## Asparagus Cheddar Quiche

Serves 8

### Ingredients:

- 1 Tbsp olive oil
- 1 tsp garlic
- 2 oz. prosciutto, chopped
- 1 bunch fresh asparagus, trimmed and cut into 1-inch pieces (about 1½ cups)
- 1 leek, trimmed and sliced thin
- 5 eggs
- ¼ cup half-and-half
- ¾ cup milk
- 8 oz. white cheddar cheese, shredded (about 2 cups)
- 1 prepared pastry shell

### Directions:

1. Preheat oven to 375° F.
2. Press pastry shell into pie plate (10-inch).
3. In a skillet heat the olive oil over medium heat. Add the garlic and prosciutto, and cook for 3 minutes. Then add the asparagus and leeks and saute until slightly tender (approx. another 5 minutes).
4. In a mixing bowl combine the eggs, milk, and half-and-half. Whisk to combine. Then stir in the cheese.
5. Fill the pastry shell with the prosciutto, asparagus, and leeks. Then pour the egg mixture into the pastry shell. Top with any remaining prosciutto and asparagus mixture for color.
6. Bake at 375° F for 45-50 minutes or until a knife comes out clean. Allow to sit for 10 minutes, then serve.