



Asparagus Tomato Quiche

1 baked pie crust
4 asparagus spears
3/4 cup shredded Italian cheese blend
15 whole cherry tomatoes
6 eggs
1/2 cup milk
1/3 cup sour cream
1/2 teaspoon salt
1/4 teaspoon pepper

1. **Place asparagus and cherry tomatoes into a colander. Run cold water over them while rubbing each asparagus spear and tomato with your finger tips. Using the produce cutting board, slice the asparagus into 1 inch pieces and the cherry tomatoes in half.**
2. Heat 2 cups of water to boiling. Blanch asparagus in boiling water for 1 minute. Drain..
3. Sprinkle cheese evenly over the bottom of pie crust. Place asparagus and tomatoes in an even layer over the cheese.
4. **Break each egg into a small dish, then place in a clean large bowl before breaking the next egg. Be sure to wash your hands after handling the raw eggs.** Add milk, sour cream, salt, and pepper to the raw eggs. Beat until blended. Carefully pour egg mixture over filling in the pie shell
5. Preheat the oven to 325°F. Bake the egg dish on the center rack in the preheated oven for 40 minutes. **After 40 minutes, insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**



Additional Food Safety Notes Related To This Recipe

- When buying eggs in the grocery store, be sure that there are no broken or cracked shells.
- When buying cheese, milk, and sour cream in the grocery store, be sure that the package has no broken seals. Look for any signs of discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese, egg, milk, and sour cream containers before each use. Do not use if it is past the expiration date. The expired products should be thrown into the garbage.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator.
- Wash hands correctly after beating the eggs.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- When buying asparagus in the grocery store, be sure that it has straight, tender, and green stalks. Avoid those that have open buds and rigid stalks. Cherry tomatoes should be well formed and blemish free. They should be a rich red color and have a slight softness to the touch.

Recipe Source

<http://www.incredibleegg.org/recipes-and-more/recipes/asparagus-tomato-quiche>