

**Seasonal Eating**  
**Whitney Danhof, Extension Agent**

**Quiche Makes Perfect Dish for Easter Leftovers**

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When I think of spring and Easter foods, eggs, asparagus and ham are the first three things that pop into my mind. Asparagus is one of the first green vegetables to appear for the season and is often roasted and served on the Easter table. Ham is a perennial standard for the Easter table centerpiece. Whether it's a spiral cut with brown sugar glaze or a half ham studded with cloves or a football ham baked with pineapple, there are almost always leftovers to be used for a few days. And that's where my third spring favorite of eggs comes in. Not in the form of colored hard cooked eggs, but in the form of quiche.



Eggs are a good, inexpensive source of protein as well as a good source of vitamin D. They are also very versatile in cooking and go well with many flavors. They are a good carrier for vegetables from greens like spinach and chard to asparagus or broccoli or even mushrooms, onions or leeks. They are also a good carrier for any leftovers and that's why quiche is an excellent dish to make right after Easter.

The leftover ham can be chopped and added to the quiche along with whatever vegetables you served but asparagus, in particular, works well with the ham. If you don't have any leftover asparagus, simply sauté cut fresh asparagus in a pan until just tender and add to your quiche.

The recipe below includes the directions for making your own crust, but if you prefer you can use a frozen or refrigerated crust from the store. You will bake the crust for a few minutes to set the bottom and then add your filling ingredients of meats, vegetables and cheese before gently pouring in the egg mixture over the top and baking.

The good thing about quiche is that it is excellent the next day – in fact, it is almost better the second day, heated up in a toaster oven if you are only doing a couple of pieces or in the oven if you are reheating the whole pie. You can reheat it in the microwave but I find that the crust doesn't re-crisp and is not as good this way.

So as you plan your Easter menu this month, keep in mind how to use up those leftovers (or planned overs!) in another delicious meal of quiche.

Visit the Bedford County Extension website for more recipes and information about seasonal eating and family meals ([bedford.tennessee.edu](http://bedford.tennessee.edu)).

## Asparagus, Ham and Swiss Quiche

1 1/2 cups flour  
1/2 teaspoon salt  
1/2 cup butter flavored vegetable shortening  
4-5 tablespoons cold water

1 tablespoon olive oil  
1/2 onion, chopped  
1/2 cup chopped cooked asparagus, or about 16 fresh spears cut into 1/2" pieces  
6 ounces Swiss cheese, shredded  
1 1/2 cups chopped cooked ham  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon dry mustard  
1 tablespoon flour  
1 cup milk, divided  
3 tablespoons sour cream  
4 eggs

In a mixing bowl, stir together flour and salt. Cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture and gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form dough into a ball. On a lightly floured surface flatten dough with hands, gently. Roll dough from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll into a 9 inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate and fold under extra pastry. Make a fluted edge by pressing with thumbs and index finger. Bake at 400 degrees for 7-10 minutes, just until surface is set.

Reduce the oven to 350 degrees F. In a large skillet, heat the olive oil. Add the onion and asparagus if using raw and sauté until the asparagus is just tender. Sprinkle the cheese and ham in the bottom of the pie crust and top with the vegetables.

In a bowl, whisk together the salt, pepper, mustard and flour. Add about 1/4 of the milk and the sour cream and whisk until smooth. Whisk in the eggs and remaining milk. Pour over the filling in the crust. Bake at 350 degrees for 40-50 minutes, or until set in the middle. Shield the edge of the crust with foil to prevent over-browning, if necessary. Let cool on a rack for at least 10 minutes before serving.