

# Brussels Sprouts & Gruyere Quiche

## INGREDIENTS

1 9-inch pie crust

3 cups of Brussels sprouts, trimmed and outer leaves removed

1 1/2 cups heavy cream or half-and-half

1 cup Gruyere or Swiss cheese, grated

3 eggs

A pinch (1/8 teaspoon) of nutmeg

Kosher salt and freshly ground pepper, to taste

## PREPARATION

Preheat oven to 425°F. To start, blind bake your crust: place pie crust in the pie plate and prick all over with a fork, or line with parchment paper and fill with pie weights. Bake until barely golden, 12-15 minutes. Remove and set aside. Remove parchment and pie weights, if using.

Meanwhile, bring a large pot of salted water to a boil and cook Brussels sprouts until just tender, about 5 minutes.

Arrange Brussels sprouts evenly across the bottom of the pie crust, standing up on end. Sprinkle grated cheese evenly over the top.

In a large bowl, whisk together eggs, cream or half-and-half, and nutmeg. Season with salt and pepper and pour over Brussels sprouts and cheese.

Reduce heat to 375°F and bake until puffy and golden brown, 25-30 minutes. Enjoy!