



Natural Foods Market

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Asparagus and Shiitake Quiche

from *Health.com*

Serves 4

- 1 small onion, thinly sliced
- 1 cup shiitake mushrooms, stems removed, sliced
- 1 tablespoon extra virgin olive oil
- 1 cup chopped asparagus
- ½ teaspoon salt
- 1 teaspoon dry mustard
- 1 cup Raclette Cheese, grated
- 3 eggs
- 1 cup milk
- Freshly ground pepper
- 1 unbaked pie crust

Heat oven to 375°. Sauté onion and mushrooms in olive oil until soft. Add salt and dry mustard during last few minutes. Steam asparagus until just tender. Sprinkle cheese evenly over unbaked crust. Spoon the onion/mushroom mixture over the cheese, then sprinkle on the asparagus. Beat together the eggs, milk and black pepper and pour over vegetables. Bake for 35-40 minutes or until cooked through.

Try using your own favorite pie crust recipe. Or, to save calories or time, do a "crustless" quiche in a greased pie plate.

A time saver is to saute the asparagus with the onion and mushroom instead of steaming.

Use gruyere, goat, or havarti cheese instead of Raclette.

When buying asparagus, select bright green stalks with closed, compact, firm tips. If the tips are slightly wilted, freshen them up by soaking them in cold water.

Asparagus is the leading supplier among vegetables of folic acid and a significant source of Vitamin C, Thiamin, and Vitamin B6.