

# BRUSSELS SPROUTS QUICHE



## STEVE'S RECIPE CORNER

### CRUST

- 1/2 Cup Pecans
- 1/2 Teaspoon Sea Salt
- 2 Cups Almond Flour
- 1/2 Cup Parmesan Cheese
- 2 ounces Melted Butter
- 1 Medium Egg

### FILLING

- 3 Tablespoons Butter
- 8oz Bacon ([We recommend White Oak Pastures](#))
- 1 Medium Red Onion
- 2 Cups Brussels Sprouts
- 1 Yellow Bell Pepper
- 5 Eggs
- 1/4 Cup Heavy Cream
- 1/2 Teaspoon Sea Salt
- 1/2 Cup Mozzarella Cheese
- 1/2 Cup Sun Dried Tomatoes



### SOURCE

Steve Ottersberg

Servings/Yield

Servings: 6

Yield: 1 quiche

Cuisine:

European : Western

Course: Main

### NUTRITION FACTS

1 Servings

Amount Per Serving

Calories 3321

Total Fat 284.46g

Cholesterol 428mg

Total Carbohydrate:  
118.20g

Dietary Fiber: 54.58g

Sugars:42.24g

Protein: 93.83g

### MAKING THE CRUST

- In a food processor grind the pecans to a fine meal.
- Add the salt, almond flour and pulse to combine the dry ingredients.
- Add the Parmesan cheese and blend until incorporated.
- Add the butter and egg and blend until a single ball forms in the mixing bowl
- Grease the bottom and sides of a cast iron pan. Press the dough evenly into the bottom and up the sides of the pan.
- Bake the crust at 300 degrees for 10-15 minutes or until it crisps on the outside. Push down any bubbles with a fork

### THE FILLING

- Add butter to pan.
- Slice the bacon and onions into short strips and saute until the onion is translucent.
- Chop the stems off of the Brussels sprouts and cut in half.
- Add the Brussels to the onions and bacon.
- Roast the bell pepper over an open flame to blister the skin.
- Remove seeds and stem, chop into short strips and add to the Brussels and bacon.
- Beat 5 eggs with heavy cream, and salt.
- Stir in shredded mozzarella.
- Spoon the veggies and bacon onto the bottom of the crust up to the top of the crust.
- Pour the eggs and mozzarella over the veggies.
- Gently stir the mixture to get the eggs down to the crust.
- Add any remaining veggies to the top of the quiche.
- Sprinkle with Parmesan cheese.
- Bake at 350 for 25 minutes or until the eggs are firm.

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*Enjoy!*