

## **ROBYN'S ASPARAGUS, BELLPEPPER AND CORN QUICHE - Serves 6**

### **Ingredients:**

½ lb. fresh asparagus, trim to remove the ends of each stalk.

2T Butter

1 Onion, small chopped

1 Red bell pepper seeded and chopped.

½ C Corn – canned or frozen (thaw)

2 Eggs

1C Light Cream or Half & Half

½ C Shredded Cheddar Cheese

Salt & Pepper to taste.

### **Crust:**

1 2/3 C All-purpose Flour

1/2t salt

1/2C shortening

2-3T ice water

Preheat oven to 400F

**The Crust:** sift the flour and salt into a mixing bowl. Using a pastry blender, cut in the shortening until the mixture resembles coarse crumbs. Sprinkle in the ice water, 1 tablespoon at a time, tossing gently with fingertips or a fork until the dough forms a ball.

On a lightly floured surface, roll out the ball of dough. Use dough to line a 10" quiche dish or a loose-bottomed tart pan, easing the dough in and being careful not to stretch it. Trim off any excess dough.

Line the pie shell with wax paper and weigh it down with pie weights or dry beans. Bake 10 minutes. Remove the paper and weights or beans and continue baking until the pastry shell is beige in color about 5 minutes longer then let cool.

**The Quiche:** trim the stem ends of 8 of the asparagus spears to make them 4" in length. Set aside.

Finely chop the remaining asparagus spears and place in the bottom of the pie shell.

Melt the butter in a frying pan. Add the chopped onion and bell pepper and cook until softened about 5 minutes. Stir in the corn and cook another 2 minutes longer.

Spoon the corn mixture over the chopped asparagus in the pie shell.

In a small bowl, beat the eggs with the cream. Stir in the cheese and add salt and pepper to taste. Pour this mixture into the pie shell.

On the top of the mixture, arrange the reserved asparagus spears like the spokes of a wheel.

Bake until the filling is set, approximately 25-30 minutes. A knife inserted should come out clear when the mixture is cooked completely.