

Potato Crusted Bacon Cheeseburger Quiche

Serves 6

Cuisine Rebels, Owen County High School



INGREDIENTS:

For the crust

- 1 large **potato**, peeled and diced
- 1 T. Promise margarine
- 1/8 t. salt
- 1/8 t. pepper

For the filling

- 2 slices **bacon**
- ½ lb. ground **beef** (85% lean used in recipe)
- ½ c. **onion** finely minced
- ¼ c. **green pepper** finely minced
- ¼ c. **red pepper** finely minced
- 1 c. **kale**, chopped
- ½ c. **yellow squash**, shredded
- ½ c. **zucchini**, shredded
- 1/8 t. salt
- ¼ t. pepper
- 6 Large **eggs**
- 1 c. low fat or fat free **milk**
- ¾ c. **cheddar cheese**, shredded, divided (Kraft 2% used in recipe)

Ingredients in **bold red letters** are local Kentucky products.

DIRECTIONS:

1. Heat oven to 350 degrees.
2. Place diced potato in a medium saucepan; bring to a boil on high heat. Reduce to medium heat and boil potatoes until soft. Drain all of the liquid. Add margarine, salt and pepper. Mash the potatoes to a smooth consistency. Spoon roughly 2 tablespoons of potatoes into bottom of greased jumbo muffin tin. Press to the bottom and slightly up the sides to form a crust. Bake potato crusts for 20 minutes or until they start to turn a golden brown.
3. In a medium skillet, prepare the bacon until crisp. Remove from skillet and place in strainer to drain. Crumble bacon when cool, and set aside. In the same skillet, brown ground beef, onion and peppers. Cook until no pink remains. Remove from skillet and place in strainer to drain.
4. In a medium bowl, combine chopped kale and shredded yellow squash and zucchini with ground beef mixture, add bacon and ½ cup shredded cheddar cheese. Toss to mix well.
5. In a separate small bowl, beat the eggs, salt, pepper, and milk until well combined.
6. When crusts come out of the oven, fill each with approximately ½ cup meat mixture, then fill each evenly with approximately 1/3 cup egg mixture and top with remaining cheddar cheese.
7. Bake 40 minutes or until golden brown.
8. Garnish with Romaine lettuce, cherry tomatoes and dill pickle.

Nutrition per serving:

Meat/Alt: 3.25 oz.

Grains: 0

Fruit: 0

Vegetable: .6 cup

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|-------------------------|---------|-----------------------|------------|-----------------------|---------|-------------------------|-----------|-----------------------------|-----------|
| Calories | 286 | Cholesterol | 186.82 mg | Protein | 21.65 g | Calcium | 106.76 mg | Sodium | 396.47 mg |
| Total Fat | 14.56 g | Vitamin A | 258.6 RE | Iron | 1.66mg | Carbohydrate | 17.36 g | Vitamin C | 41.89 mg |
| Saturated Fat | 5.55g | Vitamin A | 1727.72 IU | Water | 163.1g | Dietary Fiber | 2.06 g | Ash | 2.16 g |
| Trans Fat | 0.00g | Calories from Protein | 30.9% | Calories from Sat Fat | 17.46% | Calories from Trans Fat | 0.00% | Calories from Carbohydrates | 24.28% |
| Calories from Total Fat | | | | | 44.82% | | | | |

NOTICE: the data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Reference: NUTRIKIDS®