

TORTILLA-CRUSTED GOAT CHEESE-AND-ASPARAGUS QUICHE

(Everyday with Rachael Ray April 2010)

4 7-inch whole wheat tortillas (Trader Joe's are terrific)
10 asparagus stalks, trimmed and cut into 1-inch pieces
2 Tbsp. olive oil
1/2 red onion, finely chopped
4 ounces sliced mushrooms (about 1 1/2 cups)
salt and pepper
1 (4 oz.) log goat cheese (I didn't have this so used some shredded cheese instead)
3 eggs
1/2 cup plain yogurt, preferably Greek-style (I used regular)

Preheat the oven to 375F. In a greased 9-inch pie plate, overlap the tortillas to make a crust; place on a rimmed baking sheet.

Meanwhile, fill a large nonstick skillet a third of the way with salted water; bring to a boil. Add the asparagus and cook until crisp-tender, about 1 minute; drain, rinse under cold water and pat dry (or, use leftover asparagus!).

Wipe out the skillet, add the olive oil and heat over medium-high heat. Add the onion and mushrooms, season with salt and pepper and cook until the mushrooms are golden, about 3 minutes. Stir in the asparagus; season with salt and pepper. Spread evenly in the tortilla crust, then crumble in the cheese on top.

In a medium bowl, whisk together the eggs and yogurt and season with salt and pepper; pour into the tortilla crust. Bake on the baking sheet until just set in the center and lightly golden, about 30 minutes. Let rest for 10 minutes before serving.

Serves 4.

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