

Breakfast

# Quiche with Creamy Mushrooms



Ready in **30 minutes**

Serves **4-6**

## Ingredients

- 2 Tbsp olive oil
- 8 eggs, beaten
- ½ recipe of cooled Creamy Dijon Roux (below)
- 1 tsp Tony Chacerie's Creole Seasoning
- 8 medium Crimini or your favorite mushrooms, sliced
- 1 cup shredded cheese of your choice. I use whatever I have on hand - parmesan or a 4 blend Mexican cheese.
- Optional ¼ cup chopped tomatoes and 1 Tbsp chopped parsley

## Preparation

1. Preheat oven to 350 degrees.
2. Grease 10 inch round baking dish.
3. Saute' mushrooms in 2 tbsp olive oil for 2-3 minutes to soften.
4. Mix eggs, one at a time, with roux. If it's too thick, add ½ cup of milk. Mix until smooth. Pour egg mixture over mushrooms. Add in 1 cup of cheese, evenly.
5. Bake for 25-30 minutes
6. Garnish with green onions and or cilantro once out of the oven.

## Creamy Dijon Roux

### Ingredients

- 1/2 block of butter
- 4 Tbsp flour
- 1 tsp fresh lemon juice
- 3 cloves of garlic, minced
- 1 cup half and half
- 2 Tbsp Dijon mustard

### Preparation

1. Add butter and flour in a small pot.
2. Heat on medium high, stir constantly until melted and smooth.
3. Add garlic, half and half, and mustard, stir after adding each ingredient.
4. Let simmer for 3 -5 minutes. It will get very thick.

## Tips for Quiche

You can check for doneness using a toothpick or watch for the eggs to puff up. Don't worry if it puffs up unevenly, it will deflate once it cools a little and you cut it. It's great with green chile sauce! You can double this recipe, just need to use a large pan and cook it closer to 45 minutes.

You can use the other half of the roux recipe to make Chicken with Creamy Dijon Sauce.

 [Chicken with Creamy Dijon Sauce](#)

### Spiritual Message from this recipe

Surprises, like things puffing up or looking out of proportion can be unsettling. It happened the first time I made this recipe. As in life, it smoothed out with time, and came out just fine. When things look a little haywire, take a breath, give it time and trust in the process.