

butternut squash, kale & sausage quiche /

serves 6

organic ingredients /

single gluten-free pie crust

$\frac{1}{2}$ lb. chicken sausage, casing removed

1 small onion, diced

1+ cup kale, stems removed & chopped

1 cup butternut squash puree

4 eggs

$\frac{1}{2}$ cup coconut creamer

1 cup goat's milk sharp cheddar cheese,

shredded or cheese replacement

sea salt & pepper to taste

by-hand preparation /

Preheat your oven to 325 degrees F and pre-bake crust for 10 minutes.

Brown the sausage in a skillet over medium heat, breaking it into small pieces. Once it has browned, add the onion and cook until softened. Gradually add the kale to the skillet and wilt into the sausage and onion mixture. Transfer the mixture to the pre-baked pie shell.

In a medium sized mixing bowl, whisk together the butternut squash puree, eggs, creamer, and $\frac{1}{2}$ - $\frac{3}{4}$ cup of the cheese or cheese replacement. Season with salt and pepper if desired. Pour the mixture over the sausage, kale and onion in the pie shell. Top with the remaining cheese.

Bake at 350 degrees F for 30-35 minutes or until the eggs are set.

I rarely meet a quiche I don't like, but this is a definite favorite of mine! Hearty and sweet but savory with a full serving of veggies and protein!

Broil for an additional minute or two until the top is golden and bubbly. Cool before serving.

