



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Quiche

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit Nonna's [YouTube channel clicking here](#). This is Nonna's first time using an Air Fryer and so she chose an easy breakfast quiche. It took longer to cook than expected, but it came out delicious! The more Nonna uses the Air Fryer the better she will understand cooking times. This recipe is keto friendly and easily converted to a vegetarian breakfast. Please enjoy this recipe and come back as the Air Fryer is likely to make an appearance or two in Nonna's Appliance Wars episodes!

Ingredients:

10 Eggs
1 bag walnuts
1/2 cup heavy whipping cream
1/2 bag baby spinach leaves
1/4 cup garlic (or as Nonna says "a handful")
2-3 tablespoons melted Goat Butter
Shredded Cheese (Nonna prefers cheddar, but you can use whatever you like the best)
1 aluminum pie pan
1 chopped onion
1 pack cream cheese
4-5 bacon strips
1 pack mushrooms
Dan Pastorini's garlic and herb seasoning
Uncle Paulie's Ghost Pepper Sea Salt

Preparation: Crust:

1. Crush the walnuts in the food process or blender.
2. Add 2-3 tablespoons of melted goat butter.
3. Mix until the walnuts and butter form a kind of paste.
4. Put the walnut/butter paste in the bottom of the aluminum pie pan (along and up the sides as well, if you like!)

Preparation: Egg Mix

1. Fry the bacon. Crispy is best, but fry to your preference. Keep the bacon grease.
2. Sauté the garlic, onion, mushrooms in the bacon grease. Sauté until the the onion and mushrooms are soft. **See Note 1 below.**
3. When onion and mushrooms are soft, add about half a bag of the baby spinach leaves. Sauté for a few minutes - just enough to shrivel/shrink the spinach leaves. It won't take long.
4. Crack the eggs and put 10 eggs into a large mixing bowl.
5. Soften the cream cheese pack. 20-30 seconds in the microwave will likely do the trick.
6. Mix the cream cheese and the eggs in the mixing bowl.
7. Add spices (Dan Pastorini's garlic and herb seasonings and Uncle Paulie's salt) to the mixing bowl. **See Note 2 below.**
8. 1/3 to 1/2 heavy whipping cream to the mixing bowl.
9. Mix all the ingredients in the bowl. Mix thoroughly.
10. Add the sautéed onions and spinach mix. Mix thoroughly.
11. Pour the egg mix into aluminum pie pan. Fill the pan.



Nonna donates 50% of proceeds to JumpForTheRose.org.



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Cooking: Times (see Note 3 below).

1. Put in Air Fryer at 360 degrees and cook for 20 mins. Check it at 10 mins.
2. If eggs are cooked, sprinkle shredded cheese on top and cook for 1 minute.
3. If eggs are not cooked, mix the eggs a little with a fork to help the middle cook and cook for an additional 10 mins. Repeat this process until the eggs are cooked. When eggs are cooked add the cheese as per **Cooking: Times** step 2.

Note 1: When sautéing, you can add/substitute just about any ingredient you would like such as using shallots to replace the onion or using canadian bacon in place of regular bacon. You could add bell peppers, celery, tomatoes, or small chopped potatoes (give these a little more cooking time to soften). In the egg mix, add salsa if you like.

Note 2: Nonna rarely measures seasonings and spices. Normally, she tastes tests. However, taste testing raw eggs is not recommended and Nonna does not do it. You'll have to trust your best judgment on how much seasonings to add!

Note 3: As stated this was Nonna's first time using the Air Fryer. Initially, she put cheese on top of the raw egg mix. When she checked it at 10 mins, the cheese was melted and brown. To keep the cheese from burning she covered it with tin foil. This did, in fact, keep the cheese from burning, but seems to have prevented the eggs from cooking. Nonna has described in the **Cooking: Times** section how she will prepare Air Fryer Quiche in the future! It is best to add the cheese after the eggs are cooked and cook only long enough to melt the cheese!

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