

Leek Quiche

I tasted this elegant, rich quiche while traveling in France. I've lightened this version by substituting with some low-fat dairy products. It's a healthier option for celebrations or holidays and if you need a change from the traditional Thanksgiving dishes, this is a great substitution.

Serves 6-8

Ingredients for the Crust

1 1/4 cups all-purpose flour
1/2 tsp salt
8 tablespoon chilled trans-fat free margarine, chilled, cut into small cubes
1 egg, lightly beaten

Ingredients for the Filling

3 large leeks, green tops removed
2 tablespoons olive oil
1 tablespoon herbes de Provence or a mixed of dried rosemary, oregano, and lavender
3 tablespoons flour
1 cup non-fat skim milk
2 cups reduced-fat sour cream
1 cup grated Gruyère or Swiss cheese
1/4 tsp fresh grated nutmeg
1/2 teaspoon salt
non-fat cooking spray

Directions

Spray 9-inch tart pan with cooking spray. In a bowl or a food processor, mix the flour and salt. Add the margarine and pulse mixture 12-15 times until the mixture resembles a coarse meal. Add egg, pulsing 4-5 times until the dough forms a rough mass.

Using floured hands, pat the dough into a smooth, flattened disk. On a floured surface or between two sheets of plastic wrap, roll the dough out slightly larger than the circumference of your tart pan. Place into tart pan and trim the edges to fit. Refrigerate while you prepare the filling.

Preheat oven to 350° F. Coat a 9-inch tart pan with cooking spray. Chop leeks into one-inch chunks. Submerge them in a bowl of cold water to

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ensure that all the dirt between the layers is removed. Lift the leeks out of the bowl and rinse under cold running water.

In a large frying pan, heat the olive oil over medium-high heat. Cook the leeks and Herbes de Provence or dried herbs (3-5 minutes), until leeks become translucent but not brown. Add flour, stirring continually until a heavy paste forms, about 3-4 additional minutes. Add milk, stirring well for 2-3 minutes as the mixture thickens. Allow to cool slightly.

Mix in the sour cream, Gruyère or Swiss cheese, and nutmeg. Season with salt and pepper to taste. Smooth filling into the tart shell and bake for 50-60 minutes until the surface is lightly browned and bubbly. Cool 10 minutes before slicing.

Make It A Meal

Grilled Chicken Caesar Salad, Pickled Cucumber Salad

Wine Pairing

Pinto Blanc, Rose