

## Non-Plastic Quiche

Courtesy of *In Our Grandmothers' Kitchens*

### *Ingredients:*

2 large (or three medium or four small) farm-fresh leeks  
3 large (or four medium or six small) cloves of garlic that has never touched plastic  
a splash of extra-virgin olive oil in a bottle that has no plastic, plus a bit more if needed  
four eggs that went from chickens to cardboard to you  
1/2 cup cream (from a container with no plastic)  
a pinch of salt (watch for plastic spouts!)  
a little freshly grated nutmeg that has not touched plastic  
6 ounces (more or less) sharp cheddar cheese that was not wrapped in plastic, grated  
1 8-inch pie shell prepared with ingredients that have not touched plastic

### *Instructions:*

Preheat the oven to 375 degrees. Clean the leeks, and remove the root ends and most of the green stalks. Cut the leeks into quarters lengthwise, and clean them again; then chop the quarters into 1/2-inch pieces.

Cut the garlic cloves into thin strips.

Heat a stainless-steel or cast-iron pan and add a splash of oil. Heat the oil until it shimmers; then sauté the leek and garlic pieces until the leeks start to soften, 3 to 4 minutes. Add a little more oil if necessary as the vegetables cook. Remove from heat.

In a non-plastic bowl whisk together the eggs, cream, salt, and nutmeg.

Place the pie shell in a pie pan. Sprinkle half of the cheese over the pie crust. Top the cheese with the sautéed vegetables; then pour on the cream/egg custard, and top with the remaining cheese.

Place the tart (or quiche or whatever you want to call it!) on a rimmed cookie sheet to prevent spillage, and bake it for about 40 minutes, until the custard is set and the top is golden—but the leeks peeking out are not burning!

Serves 6.