

ASPARAGUS QUICHE WITH A POLENTA CRUST

INGREDIENTS:

polenta crust -

- 2 1/2 cups water
- 1/2 t kosher salt
- 1 cup polenta (or yellow corn grits)
- 1 T unsalted butter
- 1/2 cup grated parmesan
- salt and pepper
- 1 large egg

filling -

- 6 oz. asparagus
- 1 T olive oil
- salt and pepper
- scant 1/4 cup grated parmesan, plus more for sprinkling
- 3 oz. crumbled feta
- 1/2 cup Greek Yogurt
- 1 large egg
- 1/2 cup whole milk
- salt and pepper

DIRECTIONS:

1. Preheat your oven to 400F. Snap asparagus spears into bite size pieces, discarding the ends. Toss asparagus with olive oil, salt and pepper and place on a foil-lined baking sheet. Roast for 15-20 minutes, or until crispy. Turn oven temperature down to 375F.
2. Meanwhile make the crust. Grease a 9 (or 10) inch springform pan. Set aside.
3. Bring water to a boil with salt. Add the polenta in a steady stream, whisking constantly. Lower the heat to medium-low and cook, stirring constantly, until the polenta is very thick, about 10 minutes. Remove from the heat and stir in the butter, 1/2 cup parmesan, salt, pepper, and the egg. Transfer to the greased pan, and spread with a spatula to cool a bit. When cool enough to handle, use damp fingers to form a 1/2 inch thick lip around the edge. Bake until dry and pale golden, 20-30 minutes.
4. Sprinkle crust with parmesan, feta, and roasted asparagus. Whisk together the Greek yogurt, egg, whole milk, salt, and pepper. Pour over the asparagus. Sprinkle with some more parmesan, salt and pepper. Bake for about 40-45 minutes or until the custard is set and a knife inserted in the center comes out clean. Allow to cool for at least 30 minutes. Serve! Store leftovers in the fridge for up to 3 days.