

LUNCHBOX POLENTA QUICHE

INGREDIENTS:

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 duck egg, or large chicken egg

filling -

- 1 bell pepper, sliced
- 1 T olive oil
- 1 bunch asparagus, chopped
- 1/2 cup feta
- 7 cherry tomatoes
- salt and pepper
- scant 1/4 cup grated parmesan, plus more for sprinkling
- 3 oz. crumbled feta
- 1/2 cup Greek Yogurt
- 1 large chicken egg
- 1/2 cup milk
- salt and pepper

DIRECTIONS:

1. Preheat your oven to 400F. Make the crust. Grease 7 mini pie pans or ramekins. Line with one rectangle of parchment paper for easy quiche removal.
2. 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. OR if using quick cooking just whisk it into the hot water and it'll thicken immediately. Remove from the heat and stir in the butter, 1/2 cup parmesan, salt, pepper, and the egg. Divide between the mini pie pans/ramekins, and spread with a spatula to cool a bit. When cool enough to handle, use damp fingers to form the polenta up the sides for a crust.

3. Toss the sliced pepper and asparagus with olive oil, salt and pepper. Place on a foil lined baking sheet. Roast the pepper and asparagus and bake the crust at the same time for 20-30 minutes or until the pepper is roasted and the crust is dry.
4. Sprinkle crust with parmesan, feta, roasted pepper, asparagus, and cherry tomatoes. Whisk together the Greek yogurt, egg, milk, salt, and pepper. Pour over the veggies. Sprinkle with some more parmesan, salt and pepper. Bake for about 30-35 minutes or until the custard is set and a knife inserted in the center comes out clean. Allow to cool for at least 15 minutes. Serve! Store leftovers in the fridge for up to 3 days.