

Vegetarian-style quiche is a real health, money saver

Perhaps quiche is thought to be an expensive dish because it has a French name. Or maybe it's because quiche often contains shrimp or crabmeat. But this lovely melt-in-a-crust can be a budget-saver, too.

How? Make the filling a vegetarian one with eggs, milk, cheese and vegetables.

Then it's important to be sure that the dish is nutritionally complete (or complete when served with just a salad) and not too high in fat. Pastry crusts tend to add to the fat content of a dish without making a significant contribution to the nutritional value.

How to serve a quiche without a crust? Simple, use rice instead. When rice is mixed with an egg and some grated cheese, it bakes into a suitable, servable pie. Note the excellent nutritional value of the rice/egg/cheese combination vs. a flour/shortening crust.

Rice is a handy ingredient to keep around. It's:

- Low in cost (less than four cents per half-cup serving)
- Low in sodium
- Gluten-free and non-allergenic
- Cholesterol-free with only a trace of fat

An excellent source of complex carbohydrates, and it contains all eight of the essential amino acids in the proper proportion to be effectively utilized.

THRIFTY VEGETABLE-RICE QUICHE

3 cups cooked rice
1 1/2 cups (5 oz.) grated Cheddar cheese, divided
4 eggs, divided
1 small zucchini, halved and thinly sliced
1 small tomato, chopped
1/2 cup chopped onions
2 tsp. butter or margarine
1/2 cup milk, divided
1 1/2 tsp. salt
1 tsp. marjoram leaves
1/2 tsp. ground black pepper

Combine rice, 1/2 cup cheese, and 1 egg. Press onto the bottom and sides of a buttered 10-inch pie plate. Arrange zucchini and tomato over crust. In a small saucepan cook onions in butter until tender crisp; blend in flour. Add 1/2 cup milk; cook, stirring, until thickened and bubbly. Remove from heat. Beat remaining milk and eggs with seasonings; stir into onion mixture. Pour into prepared crust. Sprinkle with remaining cheese. Bake at 350 degrees for 35 to 40 minutes, or until set. Allow to stand 5 to 10 minutes before slicing. Makes 6 servings.

THRIFTY VEGETABLE-RICE QUICHE Microwave Method:

Combine rice, 1/2 cup cheese, and 1 egg. Press onto the bottom and sides of a buttered round 10-inch microwave proof dish. Arrange zucchini and

tomato over crust. In a 2-cup glass measure melt butter on high (maximum power) 1/4 to 1 minute. Add onions; cook on high 1 to 2 minutes, or until tender crisp. Blend in flour. Add 1/2 cup milk; cook on high 1 to 2 minutes, or until thickened and bubbly, stirring every minute. Remove from oven. Beat remaining milk and eggs with seasonings; stir into onion mixture. Pour into prepared crust. Sprinkle with remaining cheese. Cook at 70 percent power 12 to 14 minutes, or until set, rotating dish 1/4 turn every 4 minutes. Allow to stand 5 to 10 minutes before slicing.

Each serving provides: 294 calories, 1 1/2 meat exchanges, 1 bread exchange, 2 fat exchanges, 1 vegetable exchange, some milk.

Here's a meal-in-a-skillet that's easier to make and ready to eat long before the traditional burger, potato and vegetable dinner.

BUDGET BEEF AND RICE

12 oz. lean ground beef
1/2 cup chopped onions
1 1/2 tsp. salt, divided
3 cups cooked rice
2 cups cooked mixed vegetables
1 1/2 cups (6 oz.) diced pasteurized process American cheese
1/2 cup mayonnaise
1/4 cup sweet pickle relish
1/2 tsp. powdered mustard
1/2 tsp. ground red pepper

In a large skillet, cook beef, onions, and 1/2 teaspoon salt until meat is no longer pink. Stir to crum-



A vegetarian-style quiche made with rice instead of pie crust is easy on the budget and the figure, too.

ble meat. Pour off fat. Add remaining ingredients to skillet. Cook over medium heat until cheese melts, stirring occasionally. Makes 6 servings. Each serving provides: 414 calories (without relish), 428 calories (with relish), 2 1/2 meat ex-

changes, 1 bread exchange, 4 1/2 fat exchanges, 1 vegetable exchange.

BUDGET BEEF AND RICE Microwave Method:

In a round 2-quart microwave proof dish, cook beef, onions, and 1/2 teaspoon salt on high (maximum pow-

er) 4 to 5 minutes, or until meat is no longer pink, stirring every minute. Pour off fat. Add remaining ingredients to dish. Cook on high 5 to 6 minutes, or until cheese melts, stirring every 2 minutes.

No need to knead

Kneading is unnecessary for this bread, as the name no-knead bread indicates. No-knead bread is an easy, quick method of bread preparation — as easy as preparing a cake.

Similar to batter breads, no-knead bread dough can be shaped and baked on cookie sheets. When baked, the bread has an open texture and the top may be rougher than kneaded breads. They are best when eaten fresh baked.

NO-KNEAD GRANOLA-HONEY BRAID

1 package active dry yeast
1/2 cup warm water (105 to 115°)
2 eggs
1 cup lukewarm milk (scalded then cooled)
1/2 cup margarine or butter, softened
1/2 cup honey
2 cups granola (any flavor) crushed
3 1/4-1/2 cups all-purpose flour
1 tsp salt
Granola Filling*below
Honey Butter Glaze*below

Dissolve yeast in warm water. Stir in eggs, milk, margarine, honey, granola, 1 cup of the flour and the salt. Stir in remaining flour, continue stirring, scraping dough from side of bowl, until soft, sticky dough forms. Cover and let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Slur down dough by beating about 25 strokes. Turn dough onto well-floured surface; roll or pat into rectangle, 18 x 12 inches. Prepare Granola Filling; spread evenly over dough. Cut dough into 3 strips, 18 x 4 inches. Roll each strip into rope; pinch ends and ends to seal. Place ropes diagonally and close together on lightly greased cookie sheet. Braid ropes gently and loosely. Do not stretch. Pinch ends to fasten; tuck under securely. Cover and let rise until 1 1/2 times original size, about 30 minutes. Place oven rack below center of oven. Heat oven to 350°. Bake until braid is golden brown and sounds hollow when tapped, 20 to 25 minutes. (If braid is browning too quickly, cover loosely with aluminum foil.) Cool slightly; spread with Honey Butter Glaze.

*GRANOLA FILLING: Mix 1 cup granola (any flavor), crushed, 1/2 cup honey and 1/2 cup firm margarine or butter.

*HONEY BUTTER GLAZE

1/2 cup powdered sugar
2 tsp margarine or butter, softened
1/2 cup honey
1 to 2 tsp milk

Mix all ingredients until smooth and of desired consistency.

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