



# Low Carb Quiche Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

- Broccoli Quiche with Ham
- Cabbage Roll Pie
- Chicken and Stuffing Quiche
- Chile Relleno Casserole
- Early Rise Breakfast
- Salsa Sausage Quiche
- Sausage Quiche
- Smoked Salmon Quiche with Dill
- Spanish-Style Sausage Quiche
- Stuffing Pie
- Swiss Onion Quiche
- Texas Sweet Onion Pie
- Tijuana Quiche
- Tuna "Casserole" Quiche
- Tuna Quiche with Dill
- White Castle Hamburger Pie

*Please refer to my website for the nutritional counts for these recipes.*

## BROCCOLI QUICHE WITH HAM

1/4 cup onion, chopped  
10 ounces frozen broccoli florets  
8 ounces Swiss cheese, shredded  
2 cups diced ham (about 8 ounces)  
6 eggs  
3/4 cup heavy cream  
1 teaspoon Dijon mustard  
1/2 teaspoon salt  
Dash pepper

Cook the broccoli and onion together until broccoli is tender. I cook mine covered in the microwave on HIGH for about 8 minutes. Drain very well. Grease a large pie plate; add the broccoli, cheese and ham; mix. Beat the eggs, cream, mustard, salt and pepper well with a whisk. Pour evenly over the broccoli mixture.

Bake at 350° 30-35 minutes until a knife inserted in center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



## CABBAGE ROLL PIE

1 pound ground beef  
1 stalk celery, minced  
1 small onion, chopped  
3-4 cups cabbage, chopped (about 8 ounces)  
2 tablespoon butter  
8 small mushrooms, chopped (optional)  
Salt, to taste  
1/2 teaspoon pepper  
Garlic powder, to taste  
1 cup chicken broth  
3/4 cup heavy cream  
8 ounce Monterey jack cheese, shredded  
2 eggs, beaten

Brown the hamburger, celery and onion in a very large nonstick skillet; drain the fat. Add the cabbage and butter; cook until the cabbage starts to wilt. Add the mushrooms and cook until the cabbage and mushrooms are very soft and start to brown slightly. Season with pepper, salt and garlic powder to taste.

Add the broth and cream; bring to boil and cook on high, stirring occasionally, until reduced and thickened. Watch closely so it doesn't boil over or evaporate completely. Stir in the cheese, then the beaten eggs. Pour into a greased 10-inch pie plate. Bake at 350° for 25-30 minutes until set.

Makes 6-8 servings



## CHICKEN AND STUFFING QUICHE

1 pound pork sausage  
1/4 pound mushrooms, sliced  
2 tablespoons chopped onion  
1 stalk celery, chopped  
2 cups diced cooked chicken  
8 ounces Monterey jack cheese, shredded  
4 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon fresh parsley, minced (optional)

Brown the sausage with the mushrooms, onion and celery; drain well. Place in a greased 9 1/2-10" pie plate. Do not use a smaller pie plate or it will overflow. If you don't have that size, use an 8x8" or 11x7" baking pan. Mix in the chicken and cheese.

Beat the eggs, cream, salt, pepper and parsley, if using. Pour evenly over the meat mixture. Bake at 350° 35-40 minutes until set in the center and nicely browned. Let stand 10 minutes before cutting.

Makes 6-8 servings



## CHILE RELLENO CASSEROLE

2 7-ounce cans whole green chiles, drained well  
8 ounces pepper-jack cheese, shredded  
3 eggs  
3/4 cup heavy cream  
1/2 teaspoon salt  
4 ounces cheddar cheese, shredded

Grease an 8x8" baking dish. Slice each chile along one long side and open flat. Arrange half of the chiles in the bottom of the baking dish skin side down in a single layer. Top with the pepper-jack cheese. Arrange the remaining chiles over the cheese, skin side up.

Beat the eggs, cream and salt well. Pour evenly over the chiles. Top with the cheddar cheese. Bake at 350° for 35 minutes, until golden brown and a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



## **EARLY RISE BREAKFAST**

1 pound pork sausage  
1/2 cup onion, chopped  
1/2 medium green pepper, chopped  
12-16 ounces bacon, chopped and fried until crisp  
Other cooked meats of your choice, such as ham, roast beef, etc.  
12 eggs  
1 cup heavy cream  
1/2 teaspoon salt, or to taste  
1/4 teaspoon pepper, or to taste  
4 ounce can mushrooms, drained  
8 ounces cheddar cheese, shredded

Brown the sausage, onions and peppers; drain the grease. Add the bacon and any other cooked meats you are using.

Whisk the eggs in a large bowl; whisk in the cream, salt and pepper. Put the meats, onion, green pepper, mushrooms and the cheese in a greased 9x13" baking dish; mix. Pour the egg mixture evenly over everything. Cover and chill overnight or bake at once.

Bake at 350° for 50-60 minutes if chilled or 40-45 minutes if not chilled, until golden brown and a knife inserted comes out clean.

Makes 8-12 servings



## SALSA SAUSAGE QUICHE

1 pound pork sausage  
8 ounces cheddar cheese, shredded  
3 eggs  
1 cup salsa

Crumble and brown the sausage; drain the grease. Place the sausage in a greased 10-inch glass pie plate. Top with half of the cheese and mix with the sausage. Beat the eggs and salsa; pour over the sausage and cheese and spread it evenly. Top with the remaining cheese.

Bake at 350° 30-35 minutes or until the quiche is firm in the center. Let stand 10 minutes before serving.

Makes 6-8 servings



## **SAUSAGE QUICHE**

1 pound pork sausage, browned  
8 ounces cheddar cheese, shredded  
6 eggs  
1/2 teaspoon salt  
Dash pepper  
1/2 cup heavy cream

Put the sausage in the bottom of a large greased pie plate. Top with the cheese. Beat the eggs, salt, pepper and cream. Pour the egg mixture evenly over the sausage and cheese.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand about 10 minutes before cutting.

Makes 6-8 servings



## **SMOKED SALMON QUICHE WITH DILL**

4 ounce package smoked salmon  
4-8 ounces Monterey jack cheese, shredded  
1 green onion, chopped  
3 eggs  
1/2 cup heavy cream  
1/2 teaspoon dried dill  
Dash pepper

Put the salmon, cheese and green onion in a greased pie plate. Beat the eggs, cream and seasonings; pour over the salmon and cheese.

Bake at 350° 30-35 minutes. Let stand 10 minutes before cutting.

Makes 6 servings



## SPANISH-STYLE SAUSAGE QUICHE

1 pound regular or hot pork sausage  
1 small onion, chopped  
1 small green pepper, diced  
1 small Roma tomato, diced  
8 ounces sharp cheddar cheese, shredded  
6 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
Dash pepper

In a large skillet, brown the sausage with the onion. When the sausage is cooked through, drain off the grease. Add the green pepper and tomato. Cook over medium-high heat until the peppers are tender-crisp and some of the juice from the tomato has cooked off. Drain the sausage and vegetables on a paper towel-lined plate then put in the bottom of a greased 10" pie plate. Top with the cheese.

Whisk the eggs, cream, salt and pepper. Evenly pour the egg mixture over the sausage and cheese. Bake at 350° for 30-35 minutes until knife inserted in center comes out clean. Let stand about 10 minutes before cutting.

Makes 6-8 servings



## STUFFING PIE

1 pound ground turkey  
1 pound pork sausage  
1/2 pound fresh mushrooms, chopped  
1 small onion, chopped  
1 stalk celery, chopped  
8 ounces Monterey jack cheese, shredded  
4 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
1/4 teaspoon pepper

In a large skillet, brown the ground turkey along with the sausage, mushrooms, onion and celery; drain well. Place in a greased 10-inch pie plate. Do not use a smaller pie plate or it will overflow. If you don't have that size, use an 8x8" or 11x7" baking dish. Mix in the cheese.

In a bowl, beat the eggs, cream and seasonings. Pour the egg mixture evenly over the meat mixture. Bake at 350° 30-35 minutes until set in the center and nicely browned on top. Let stand 10 minutes before serving.

Makes 6-8 servings



## **SWISS ONION QUICHE**

1 medium onion, chopped  
1 tablespoon butter  
6 eggs  
1/2 cup heavy cream  
8 ounces Swiss cheese, shredded  
1/2 teaspoon salt  
Dash pepper

Sauté the onion in butter until tender and slightly browned. Grease a 9-10" glass pie plate. Arrange the cheese on the bottom of the plate; evenly distribute the onions over the cheese. Beat the eggs, cream, salt and pepper well. Pour evenly over the cheese and onions.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before slicing.

Makes 6-8 servings



## **TEXAS SWEET ONION PIE**

1 large onion, sliced thin  
2 tablespoons butter  
8 ounces Monterey jack cheese, shredded  
3 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
1 teaspoon chili powder

Sauté the onion in butter until tender and slightly caramelized. Place the cheese in a greased pie plate; top with the onions. Beat the eggs, cream and seasonings; pour over the cheese and onions.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



## TIJUANA QUICHE

4 ounces cheddar cheese, shredded  
8 ounces Monterey jack cheese, shredded  
4 ounce can chopped green chiles  
4 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
1/4 teaspoon pepper

Put the cheeses in a greased 9-10" pie plate. Scatter the chiles evenly over the cheese. In a medium bowl, beat the eggs, cream and seasonings; pour evenly over the cheese and chiles.

Bake at 350° for 30-35 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



## TUNA "CASSEROLE" QUICHE

1 stalk celery, finely chopped  
2 tablespoons butter  
8 ounces fresh mushrooms, sliced  
5 ounce can tuna, drained  
8 ounces cheddar cheese, shredded  
4 eggs  
1/4 cup heavy cream  
1/4 cup mayonnaise  
1/2 teaspoon onion powder  
1 teaspoon dry minced onions  
1/2 teaspoon salt  
1 teaspoon pepper

In a large skillet, sauté the celery in the butter until tender. Add the mushrooms and cook until tender. Put the celery and mushrooms, tuna and cheese in a greased 10" pie plate.

In a medium size bowl, whisk together the eggs, cream, mayonnaise and seasonings. Pour into the pie plate and mix everything well. Bake at 350° for 35 minutes or until set and browned on top. Let stand 10 minutes before serving.

Makes 6-8 servings



## **TUNA QUICHE WITH DILL**

5 ounce can tuna, drained  
1 green onion, chopped  
8 ounces Swiss cheese, shredded  
3 eggs  
1/2 cup heavy cream  
1/2 teaspoon dried dill  
1/2 teaspoon salt  
Dash pepper

Arrange the tuna, green onions and cheese in a greased pie plate. Beat the eggs, cream and seasonings; pour over the cheese.

Bake 350° 30-35 minutes until a knife inserted in center comes out clean. Let stand 10 minutes before cutting.

Makes 6 servings



## WHITE CASTLE HAMBURGER PIE

1 pound ground beef  
Salt and pepper, to taste  
2 teaspoons onion powder  
1 tablespoon dry minced onion  
8 ounces cheddar cheese, shredded  
2 eggs  
1/2 cup mayonnaise  
1/4 cup heavy cream

Brown the hamburger; drain the fat and season to taste with salt and pepper. Stir in the onion powder and dry minced onions. Put the meat in a greased 9-10 inch pie plate. Stir in half of the cheese and top with the remaining cheese.

Whisk the eggs, mayonnaise, cream well; pour evenly over the meat and cheese. Bake at 350° for 30-35 minutes. Let stand 10 minutes before serving.

For a true White Castle experience top each serving with dill pickles and mustard.

Makes 6-8 servings

