

# Quiche Meringue

August 15th, 2021

**This recipe serves: 6**

Prep Time: 01:00

Cook Time: 01:00

Quiche Meringue is a unique breakfast dish that is relatively easy to make. Phyllo Dough is available from most grocery stores, in your refrigerated section. To reduce preparation time, you can replace the Phyllo Dough with Canned Refrigerated Croissant dough.

You can replace the Ham with Chicken cubes or even Steak cubes. Additional vegetables could be added, like grilled tomatoes or chopped peppers.

## Ingredients:

10 Sheets Phyllo Dough or 2 Cans Refrigerated Croissant Dough

2 Tablespoons Unsalted Butter

12 Eggs

1 Ounce Fresh Spinach Leaves, roughly chopped

4 Ounces cooked Ham cubes, Chicken cubes, or Steak cubes (Leave out for a Vegetarian dish)

1/2 Small Red Onion, chopped

1/2 Red Bell Pepper, chopped

2 Ounces Feta Cheese

2 Green Scallions, finely chopped

1/4 Teaspoon Garlic Powder

1 Teaspoon Rosemary Leaves, finely chopped

## Directions:

**Preheat the oven to 375° Fahrenheit.**

### The Crust

Bring the Dough to room temperature.

Ensure that you have a dry workspace.

#### For Phyllo Dough:

Unroll the Phyllo Sheets. Remember to keep the unused Phyllo sheets covered with plastic wrap and a clean, damp towel to prevent drying out while you are preparing the crust.

Remove a single Phyllo Sheet. Lay the Sheet flat and brush the top with melted Butter.

Remove another single Phyllo Sheet. Stack it on top of the first Sheet and brush with melted butter.

Add 8 more sheets, one at a time, ensuring no wrinkles. Brush the top of each sheet with melted Butter as it is added to the stack.

Carefully move the stack of buttered Phyllo Sheets to an 8x11 inch Casserole pan.

#### For Refrigerated Croissant Dough:

Using a rolling pin, roll out the dough into a rectangular shape that will cover the bottom and sides of an 8x11 inch Casserole pan.

Carefully move the dough into the Casserole pan, stretching the dough, as needed, to ensure that the crust covers the pan.

Use pie weights or a smaller "oven-safe" pan to ensure that the crust does not rise up while cooking.

**Bake for 10 minutes at 375° F.**

Remove the Casserole dish with Crust from the Oven and set it aside.

In order to save time, this crust can be covered with plastic wrap and refrigerated overnight.

### The Filling

In a small bowl, add 5 Egg Whites

In a slightly larger bowl, add 5 Egg Yolks and 7 Eggs.

Add Garlic Powder to the larger bowl and beat the Eggs.

**Preheat the Oven to 350° Fahrenheit.**

Loosely cover the bottom of the Phyllo dough shell with Spinach Leaves.

Spread the Ham cubes over the Spinach.

Add the Onion and Bell Pepper

Sprinkle with the Feta Cheese.

Carefully pour the larger Eggs bowl into your Phyllo dough shell.

Cover with foil and **bake for 30 minutes** or until the Eggs are fully set but not yet beginning to brown.

**The Meringue**

While baking, Add the Garlic Powder to the Egg Whites.

Beat the Egg Whites until they reach the "stiff peaks" stage.

Gently fold in the Rosemary and the Scallions.

Remove the Quiche from the oven. Use a spatula to gently spread the Egg White Meringue across the cooked Quiche.

Return to the oven and **bake for another 10 minutes** or until the Meringue is cooked.

Remove and serve.