

Pate Brisee (recipe makes 2-10" quiche shells)

2 cups all-purpose flour (scooped and leveled)

1 tsp. salt

6 oz. (1-1/2 sticks) chilled butter

1/4 cups (2oz.) chilled vegetable shortening

1/2 cup ice water

Portobello/Spinach Quiche Filling (for 1 quiche)

1 Large Portobello mushroom, sliced and sautéed

10 oz. fresh spinach, blanched and thoroughly pressed to extract moisture

1/2 cup grated Swiss cheese

1 pint fat free half and half

1 pint eggs

1 tsp. salt, 1/2 tsp. pepper

Bake 350 degrees for approx. 40 minutes or until set and golden brown