

Fancy Navajo Blue Corn Quiche

Ingredients

- ½ cup Blue Corn Meal (or Yellow Corn Meal)
- ¾ cup All Purpose Flour
- 1/3 cup Coconut Oil, Shortening, or Unsalted Butter
- 5-8 Tablespoons of Cold Water
- 4-5 Eggs
- ¼ cup Milk
- 1 cup fresh Spinach
- 1-2 thinly sliced medium Tomatoes
- 1 ear of Yellow Corn or ½ cup Corn Kernels
- ¼ cup grated Sharp Cheddar Cheese
- ¼ cup grated Parmesan Cheese
- Option ¼ cup finely diced Onions
- 9 inch Pie Pan

Note: Any combination of ingredients will work for the filling. For added flavor, sauté fillings before adding. I recently tried yellow onion, corn, spinach, and green chile.

Directions

1. Preheat oven to 425 degrees
2. Combine Corn Meal and All-Purpose Flour
3. With a Pastry cutter or whisk cut in shortening/butter to dry ingredients until all combined
4. Add cold water a tablespoon at a time until all dry ingredients can be formed into a ball. Don't be worried if it's too crumbly, just add a few more droplets of water.
5. Flour rolling surface. Roll out dough into a circle that is about 10-11 inches wide OR just big enough to fit into a 9-inch pie pan. Arrange the dough to your liking. Fix any cracking by pushing the dough back together.
6. Line the pie shell with a layer of spinach, then add corn, sharp cheddar cheese, and onions. Optionally you can add salt and pepper.
7. In a separate bowl, whisk together eggs and milk. Then pour into pie shell. Note that the filling will be above your egg mixture (about 1/8 of an inch). That's okay, the egg will rise once its cooked.
8. Arrange tomato slices on top of egg mixture.
9. Sprinkle parmesan cheese on top
10. Bake for 15 mins at 425 degrees
11. Turn down oven to 350 degrees and bake for an additional 25 minutes.