

CRUSTLESS QUICHE LORRAINE

By Dr. Cindy Tanzar

This is such a satisfying dish that is also ketogenic. It is one of my most requested recipes and is so silky smooth and creamy. Try mixing it up a bit by substituting broccoli or asparagus for the bacon and using a raw cheddar. Don't be afraid of the fat content, especially when using organic ingredients. A ketogenic diet is very low-carb, high fat, and moderate protein. When used correctly, it is healthy, safe and a highly-beneficial way to reduce inflammation and lose weight. It turns your body into a fat-burning machine!

Makes 4-6 servings.



INGREDIENTS

- 8 slices organic, no nitrate turkey bacon, crisply cooked, crumbled (1/2 cup)
- 1 cup shredded Swiss cheese (or any raw cheese would be great)
- 1/3 cup finely chopped onion
- 4 large pastured organic eggs
- 2 cups organic whipping cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground red pepper (cayenne)



INSTRUCTIONS

Preheat oven to 325°F. In medium bowl whisk eggs and whipping cream together until smooth. Fold in bacon, cheese, onions and seasonings and mix well. Pour into greased 9-inch deep-dish pie plate. In medium bowl, beat eggs slightly; beat in remaining filling ingredients.

Bake 50-60 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving.