

PACK YOUR PICNIC BASKET

GOAT CHEESE AND LEEK MINI QUICHE

(GLUTEN FREE AND DAIRY FREE)

INGREDIENTS

- 1 DOZEN FROZEN, GLUTEN FREE MINI TART SHELLS, THAWED
- 1 TBSP AVOCADO OIL
- 2 LEEKS, DARK GREEN PARTS REMOVED, HALVED AND SLICED*
- 1 CUP OAT CREAM
- 4 ORGANIC EGGS
- 2 TBSP FINELY DICED CHIVES
- ¼ CREAMY GOAT CHEESE
- ¼ TSP SEA SALT
- ¼ TSP BLACK PEPPER
- ½ TSP GRATED FRESH NUTMEG



PREHEAT THE OVEN TO 400°. PRICK EACH TART A COUPLE OF TIMES WITH A FORK AND TRANSFER TO A BAKING SHEET. BAKE UNTIL JUST GOLDEN, ABOUT 10 MINUTES. SET ASIDE TO COOL AND REDUCE OVEN TEMPERATURE TO 375°. MEANWHILE, HEAT A PAN OVER MEDIUM HEAT. HEAT THE AVOCADO OIL AND SAUTÉ THE LEEKS UNTIL SOFTENED BUT NOT BROWNED, ABOUT 5 MINUTES. TRANSFER TO A BOWL AND ALLOW TO COOL.

IN A MEDIUM BOWL, WHISK TOGETHER THE OAT CREAM AND EGGS. ADD THE SALT, PEPPER, NUTMEG AND CHIVES. SPOON THE LEEKS INTO EACH TART SHELL, SPREADING THEM EVENLY.

NEXT, POUR THE EGG MIXTURE TO FILL EACH TART. FINISH WITH A DOLLOP OF GOAT CHEESE ON TOP OF EACH. BAKE FOR 30 MINUTES, OR UNTIL THE MIXTURE IS SET. IT SHOULD BE SLIGHTLY JIGGLY BUT NOT RUNNY. ALLOW TO COOL FOR 10 MINUTES BEFORE BEING TEMPTED TO DEVOUR THEM.

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