Pumpkin Quiche (breakfast)

Prep: 20 minutes, **Bake:** 45–50 minutes, **Serves:** 6–8



Ingredients

1 9-inch prepared pie crust, or homemade pastry
1 c. butternut squash, cooked and mashed or pumpkin purée
1 small shallot, diced
1 T. olive oil or butter
½ tsp. dried thyme
3 large eggs
1 c. heavy cream
½ c. crumbled feta cheese
1 c. shredded Gruyère or Cheddar
½ tsp. nutmeg
½ tsp. cinnamon
Pinch of cayenne

Instructions

1.Blind-bake the crust
Heat oven to **375°F**. Prick the bottom of the pie crust with a fork, line with parchment, and add pie weights or dried beans. Bake for **12–15 minutes**. Remove weights and bake another **5 minutes**.
2.Sauté the aromatics
Heat olive oil in a small skillet. Add shallot and cook for 2–3 minutes until softened. Add thyme. Remove from heat.
3.Make the custard
Whisk together pumpkin, eggs, heavy cream, nutmeg, cinnamon and cayenne until smooth.
4.Build the filling
Sprinkle the sautéed shallot, Gruyère and feta into the crust.
5.Add pumpkin custard
Slowly pour the pumpkin mixture over the cheese.
6.Bake
Reduce oven to **350°F** and bake for **35–45 minutes**, until the edges are set and the center has just a slight jiggle.
7.Rest and garnish
Let the quiche rest for **10–15 minutes** before slicing.
Finish with fresh parsley (optional).