

VEGETABLE QUICHE, HOLD THE CRUST!



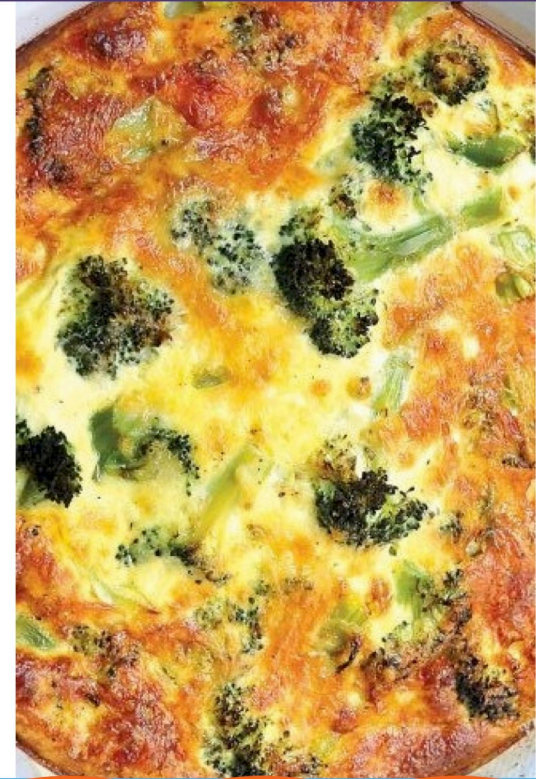
INGREDIENTS

Recipe Source: The Family Dinner Project
4 servings

- 1 tablespoon butter
- 1 large onion, sliced into half-moons
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon pepper, plus more to taste
- 3 to 4 cups chopped vegetables of choice
- 8 eggs
- 1 cup milk
- 1 cup grated Cheddar or other cheese

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Melt the butter in a cast-iron or ovenproof skillet over medium heat. (If your skillet isn't ovenproof, transfer everything to a pie plate in step 3 to bake it.) Add the onion, and a sprinkle of salt, and pepper. Cook the onions until they are golden brown, about 10 minutes.
3. Remove the pan from the heat and spread the onions evenly across the bottom. Layer the vegetables evenly over the onions. The dish or pan should look fairly full.
4. In a bowl, beat the eggs lightly with the milk, cheese, 1 tsp of salt, and 1/2 tsp of pepper. Pour the egg mixture over the vegetables.
5. Place the quiche in the oven and bake for 1 hour. Cook until lightly browned.
6. Let the quiche cool for about 20 minutes, then slice into wedges.



BUILDING TRUST AT THE DINNER TABLE



Trusting, affirming relationships take time and are achieved with shared moments.

- “What is said at the dinner table stays at the dinner table.” Establishing this ground rule encourages trust. If you are unable to honor this, say so. For youths, it is important that adults do not share their information without permission.
- Try Silence: Silence can help create space that others will fill. This gives our more introverted family members an opportunity to interact and connect.
- Conversations over dinner about the activities you do together can promote family bonding - be sure each individual has a chance to contribute to the discussion.
- Based on your observations, ask questions, listen carefully, and learn. Ask if they want help with a solution or just someone to listen.



Adapted by: Vermont Network: <https://vtnetwork.org/askableadult/>