



Food H & P:

- ½ pound sausage (cooked and drained)
- 1 ½ cups shredded cheddar cheese
- 1 can of Rotel tomatoes (drained)
- 2 eggs
- ¼ cup Ranch dressing
- ¼ cup sour cream
- 1/3 cup milk
- 1 9-inch unbaked deep dish pie shell

Food Rx:

Preheat the oven to 350 degrees Fahrenheit. Whisk together eggs, Ranch dressing, sour cream, and milk. Then combine remaining ingredients. Pour mixture into the pie crust. Bake for 1 hour. Before slicing allow the quiche to rest 5-10 minutes.