

TORTILLA QUICHE



WHAT IS A TORTILLA QUICHE?

A tortilla quiche is a tasty dish made with eggs, cheese, vegetables, and sometimes meat. Instead of a pastry crust like a regular quiche, it uses a soft tortilla to hold everything inside. This makes it easy to make and very delicious. Making a tortilla quiche is a fun activity for kids and families. It is also a yummy way to eat more vegetables. This dish is perfect for sharing and enjoying with the people you love. Tortilla quiche is a simple, colourful, and delicious meal that everyone can enjoy.

WHEN WAS IT INVENTED?

The tortilla quiche became popular in the late 20th century. People wanted a quicker and easier way to make quiche, so they used tortillas instead of pastry. This idea is believed to have started in places like the United States and Mexico, where tortillas are a common food.

WHAT IS IT MADE OF?

A tortilla quiche has simple ingredients. You will need eggs, milk, cheese, and a tortilla. You can also add vegetables like spinach, peppers, or mushrooms, and meats like ham or chicken if you like. The tortilla acts as the base, and the eggs and cheese help hold everything together.

HOW IS IT MADE?

To make a tortilla quiche, you first place a tortilla in a round baking dish to make the base. Then, mix eggs and milk in a bowl. Add cheese, vegetables, and any meat you want to the egg mixture. Pour it into the tortilla base, then bake it in the oven until it is golden and firm. A tortilla quiche is special because it is quick to prepare and easy to customise. You can add your favourite ingredients and make it as healthy or as cheesy as you want. It is a great dish for breakfast, lunch, or dinner.

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[Facts about Quiche](#)

EXAMPLE QUESTIONS:

1. What is a tortilla quiche made of?
2. When did the tortilla quiche become popular?
3. Why is a tortilla used instead of pastry in a tortilla quiche?
4. What are some vegetables or meats you can add to a tortilla quiche?
5. Why is making a tortilla quiche a fun activity for families?