



## VIDALIA ONION PIE WITH ALMOND FLOUR CRUST

This savory onion pie is a staple in our house during Vidalia season. It's easy to make and always comes out perfectly. If you love a good quiche, then definitely try it. And don't be afraid of the heavy onion presence...Vidalias and other sweet onions are super mild.

### Ingredients

1 Almond Flour Crust (see recipe below)  
1 medium Vidalia onion (substitute another sweet onion variety)  
5 large eggs  
1/2 cup whole milk

1/2 cup cream (omit the cream and use more milk if you prefer)

1 tsp onion salt

1/2 tsp fresh cracked black pepper

1 cup shredded sharp cheddar cheese, preferably white. I heap my measuring cup with the cheese.

### Instructions

Preheat oven to 350F See recipe below for pie crust

Butter your pie dish.

Peel and slice the onion 1/8 inch thick. I like to do so with a mandoline slicer to get them nice and thin. Cut most of the rings into halves or quarters, while leaving a few whole for topping the pie.

Gently whisk the eggs to break them up, and whisk in the milk and cream. Season with onion salt and pepper.

Spread the cheese out onto the pie crust, and then follow with most of the onions, reserving a few rings for the top.

Pour the egg and cream mixture into the pie crust, it should just fill it to the top. Arrange a few whole onion slices over the top of the pie. Put the pie on a baking sheet, this makes it easier to transfer to the oven, and bake for about 55-60 minutes or until the pie is risen and golden brown. If your oven bakes unevenly, rotate the pie halfway through.

I like to let the pie cool slightly and serve it nice and warm, but you can also enjoy it at room temperature. Cover and refrigerate any leftovers, it reheats well in a low oven or in the microwave and makes a great breakfast



## Savory Almond Flour Pie Crust

### INGREDIENTS

2 1/2 cup [Farm Fresh Nuts Almond Flour](#)  
1/3 cup Erythritol (or any sweetener of choice\*; omit for savory pie crust)  
1/4 tsp Sea salt (or 1/2 tsp for savory pie crust)  
1/4 cup Ghee (measured solid, then melted)  
1 large Egg (or ~2 tbsp additional ghee)  
1/2 tsp Vanilla extract (optional)

### INSTRUCTIONS

Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 in (23 cm) round pie pan with parchment paper, or grease well.

In a large bowl, mix together the almond flour, erythritol (if using), and sea salt.

Stir in the melted ghee and egg, until well combined. (If using vanilla, stir that into the melted ghee before adding to the dry ingredients.) The "dough" will be dry and crumbly. Just keep mixing, pressing and stirring, until it's uniform and there is no almond flour powder left. (Alternatively, you can use a food processor to mix it all together.)

Press the dough into the bottom of the prepared pan. You can flute the edges of desired; if it crumbles when doing this, just press it back together. Carefully poke holes in the surface using a fork to prevent bubbling.

Bake for 10-12 minutes, until lightly golden. (Add fillings only after pre-baking.)