

Basic Quiche (Grain, Protein)



Ingredients:

- 1 pie crust, 9 inch, baked
- 1 c vegetables, chopped – broccoli, mushrooms, spinach all work well
- 1 tsp canola oil
- 1/2 c low-fat cheese, shredded
- 3 eggs, beaten
- 1 c non-fat milk
- 1/2 t salt
- 1/2 t pepper
- 1/2 t garlic powder

Directions:

1. Preheat the oven to 375° F.
2. Heat oil on stovetop and add chopped vegetables. Cook until vegetables are slightly softened.
3. Add the vegetables and cheese to the pie shell.
4. Mix the eggs, milk, and seasonings in a small bowl and pour over the vegetables and cheese.
5. Bake for 30-40 minutes or until firm.
6. Cool about 5 minutes before serving.

Makes 6 servings.



Tarrant County Public Health
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