

Basic Quiche

Makes: 6 servings

You can vary this recipe by using whatever vegetables you have on hand

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 egg (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	13 g
Saturated Fat	5 g
Cholesterol	105 mg
Sodium	440 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes