

Broccoli & Cheese Quiche

FOR BREAKFAST, LUNCH OR DINNER
AN EASY TO FIX & DELICIOUS CRUSTLESS QUICHE

Yields: 6 servings

Ingredients

- 1) 8 oz. (½ package frozen broccoli)
- 2) 1½ cups shredded cheddar cheese
- 3) 2 ounces onion, finely chopped, about ⅓ cup
- 4) 6 large eggs
- 5) 1 cup milk
- 6) Seasonings:
 - Black Pepper
 - Garlic



Directions

- 1) Cook broccoli & drain well, press with paper towel to absorb all water
- 2) Grease a 8 or 9 inch glass pie dish with butter, deep dish works best
- 3) Put the cooked broccoli and chopped onion in the pie dish
- 4) Sprinkle cheese evenly over the broccoli
- 5) Beat the eggs
- 6) Blend in milk and seasonings
- 7) Pour evenly over the cheese, onion and broccoli
- 8) Bake at 350° for 40 - 45 minutes
- 9) Insert a knife in the center, it will come out clean if done
- 10) Let stand 10 minutes
- 11) Cut into 6 wedges

Optional additions: cubed ham, cooked sausage

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