

CHICKEN AND BROCCOLI QUICHE



Makes 6 servings

Serving Size: 1/6 quiche

Ingredients

- 1 9-inch ready made pie crust, baked
- 4 eggs
- 1 cup low-fat or skim milk
- 3/4 cup low-fat cheddar cheese, shredded
- 3/4 cup cooked, chopped chicken
- 10-ounce frozen, chopped broccoli
- 1/4 cup carrots, shredded
- 1/4 cup finely chopped onion (optional)
- pepper to taste
- 1/2–3/4 teaspoon garlic salt

Directions

1. Preheat oven to 350° F. Bake pie crust according to package directions.
2. In a mixing bowl, combine eggs, milk, salt and pepper. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove some more water.
4. Layer the meat, vegetables and cheese into baked pie crust. Pour the egg mixture over the ingredients.
5. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting.

Nutrition information Per Serving

270 calories

Total Fat

16 g

Saturated Fat

6 g

Protein

16 g

Total Carbohydrate

17 g

Dietary Fiber

2 g

Sodium

540 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C



Excellent Source of Calcium



Eat Smart

