

CHICKEN AND BROCCOLI QUICHE



INGREDIENTS

- 9-inch ready made pie crust, baked (optional)
- 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. (optional)
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.

Makes 1 quiche
Makes 6 servings
Serving size: 1/6 quiche

Source: EFNEP



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