

Broccoli Cheese Quiche

INGREDIENTS:

- 1 mini pie crust
- 4 large eggs
- 2 broccoli florets, chopped into small pieces
- ¼ c shredded cheese
- Optional: 1 tbsp milk added to egg mixture
- Salt and pepper to taste



DIRECTIONS:

1. Preheat oven to 350 degrees. Spray 3 muffin spots of a tin with nonstick cooking spray and set aside.
2. Bake pie crust for 15 minutes or until golden brown.
3. While pie crust is baking, chop broccoli into small pieces.
4. Take pie crust out of oven and place in one empty muffin cup. Add chopped broccoli and ¾ of your shredded cheese to pie crust and 3 muffin tins. (reserve ¼ cheese for topping).
5. Crack and beat 4 eggs into a medium-sized bowl. Add salt and pepper for taste. You can also add milk to eggs to make them more fluffy!
6. Pour egg mixture over the broccoli and cheese in pie crust and 3 muffin cups. Top with remaining cheese.
7. Place muffin tray in oven and bake for 25 minutes until quiche is set. Allow to cool and enjoy!

Fun Facts

- A single egg contains about 6.3 grams of high-quality protein.
- Vitamin A and Omega-3 fatty acids in eggs may protect eyes
- You can cook an egg in the microwave simply by scrambling it in a large mug and microwaving on high for 1 minute!