

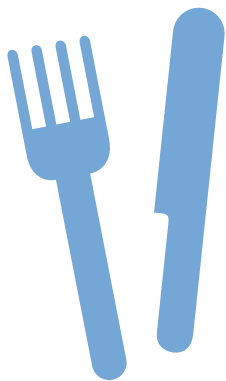
CHICKEN AND BROCCOLI QUICHE



Makes 2 quiche
6 servings per quiche
Serving Size: 1/6 quiche

Tip: With this time saving recipe, you can make one now and freeze one for later.

Hint: To lower fat and calories, try making this recipe in a muffin tin without the crust. It will be a perfect size serving, and you can freeze the leftovers for a quick breakfast or snack later.



Eat Smart

Ingredients

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

Directions

1. Preheat oven to 350° F. Bake pie crusts 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 crusts. 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

245 calories		Total Carbohydrate	21 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	4 g	Sodium	540 mg
Protein	15 g		



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