



Broccoli-Cheese Quiche

6 servings | **Active Time:** 35 minutes | **Total Time:** 1 1/4 hours

Ingredients

- 2 tablespoons plain dry breadcrumbs
- 4 large eggs
- 1 1/4 cups 1% milk
- 1/2 teaspoon hot sauce, such as Tabasco
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 2 cups cubed whole-wheat country bread, (about 2 slices, crusts removed)
- 3 cups broccoli florets
- 2 teaspoons extra-virgin olive oil
- 4 slices turkey bacon, diced (about 2 1/2 ounces). **For a kosher or vegetarian version, omit bacon**
- 1 medium onion, chopped
- 1 cup grated Monterey Jack, or part-skim mozzarella cheese (4 ounces)

Preparation

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan (6-cup capacity) with cooking spray. Add breadcrumbs, tilting to coat bottom and sides.
2. Whisk eggs, milk, hot sauce, salt and pepper in a large bowl. Add bread and stir to coat. Set aside in the refrigerator.
3. Steam broccoli until just tender, 3 to 4 minutes. Refresh under cold water and drain well. Chop coarsely.
4. Heat oil in a medium nonstick skillet over medium-high heat. Add bacon and onion; cook, stirring often, until softened and light golden, 3 to 5 minutes. Add onion mixture and broccoli to the egg mixture; stir in cheese. Pour into the prepared pan, spreading evenly.
5. Bake the pie until light golden and set, 45 to 50 minutes. Let cool slightly, cut into wedges and serve.

From EatingWell: Winter 2004, The Essential EatingWell Cookbook (2004)

Nutrition

209 Calories; 12 g Fat; 5 g Sat; 3 g Mono; 164 mg Cholesterol; 14 g Carbohydrates; 13 g Protein; 3 g Fiber; 341 mg Sodium; 205 mg Potassium

Tips & Notes

Make Ahead Tip: Prepare through step 4. Cover and refrigerate for up to 12 hours.

Looking for additional recipes? Contact Elizabeth at 718-598-0617