



Basic Quiche

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

1 (9-inch) baked pie shell
1 cup chopped vegetables, cooked and drained (broccoli, zucchini, or mushrooms)
1/2 cup shredded cheese

3 beaten eggs
1 cup skim milk
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder



Directions:

1. Preheat the oven to 375 degrees.
2. Shred the cheese using a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

Nutrition Facts: Calories, 210; Calories from fat, 110; Total fat, 13g; Saturated fat, 5g; Trans fat 0g; Cholesterol, 115mg; Sodium, 450mg; Total Carbohydrate, 14g; Fiber, 1g; Protein, 9g; Vitamin A, 10%; Vitamin C, 25%; Calcium, 15%; Iron, 8%.

Source: Adapted from: Pennsylvania Nutrition Education Network Website Recipes. USDA, Snap-ed Connection.



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