

BASIC QUICHE

1 9-inch pie crust (baked)
1 cup broccoli, zucchini or mushrooms (chopped)
½ cup cheese (shredded)
3 eggs (beaten)
1 cup nonfat milk
½ tsp. salt
½ tsp. pepper
½ tsp. garlic powder

PREPARATIONS

1. Preheat the oven to 375 F.
2. In a medium-sized skillet, cook the vegetables until fork-tender.
3. Put the cooked vegetables and shredded cheese into the prepared pie crust.
4. Mix the eggs, milk, salt, pepper and garlic powder together in a bowl. Pour mixture over the vegetables and cheese.
5. Bake for 30-40 minutes. Let cool for five minutes before serving.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	230
Total Fat	13 g
Protein	9 g
Carbohydrates	18 g
Dietary Fiber	2 g
Saturated Fat	5 g
Sodium	440 mg
Total Sugars	4 g

Source: USDA