

Broccoli Crustless Quiche

Ingredients

Eggs, whole large	16	16
Evaporated milk, skim	3 cups	750 mL
Dijon mustard	¼ cup	60 mL
Black pepper	To taste	To taste
Broccoli florets, frozen	9 cups	2.25 L
Kernel corn, frozen	6 cups	1.5 L
Onion, chopped	2 cups	500 mL

Directions

1. Preheat oven to 350°F (175°C).
2. In a large bowl beat together eggs, milk, mustard, and pepper.
3. Add in broccoli, corn, and onion.
4. Divide mixture evenly into 4 lightly greased 9-inch square (23 x 23 x 4 cm) baking dishes.
5. Bake in 350°F (175°C) oven for 35–40 minutes or until a knife inserted near the centre comes out clean.
6. Let stand 5–10 minutes.
7. Cut into 50 equal portions and serve 1 slice onto serving plates.

Makes 50 slices (87 g).

Nutrition Facts			
Per slice (87 g)			
Amount	% Daily Value		
Calories 60			
Fat 2 g	4 %		
Saturated 0.5 g + Trans 0 g	3 %		
Cholesterol 60 mg			
Sodium 75 mg	3 %		
Carbohydrate 8 g	3 %		
Fibre 1 g	4 %		
Sugars 3 g			
Protein 5 g			
Vitamin A 20 %	Vitamin C 45 %		
Calcium 8 %	Iron 4 %		

Nutrient Claim	Amount per Serving
Low in fat	1.5 g
Source of calcium	60 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	$\frac{2}{3}$
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	$\frac{1}{4}$

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed Dish)



Recipe Tips

- Sprinkle a small amount of low fat cheddar cheese on top of quiche before baking.
- Change up the veggies-try adding frozen peas, frozen mixed vegetables, peppers, cauliflower, or mushrooms.
- Serve this quiche for breakfast, lunch or dinner. Add sliced fruit, a glass of milk and a piece of whole grain toast for a balanced meal.

Recipe adapted with permission from Egg Farmers of Alberta