

Broccoli Cheese Quiche



Ingredients:

- 1/2 cup margarine
- 3 cloves garlic, chopped
- 1 small onion, chopped
- 1 cup fresh broccoli cooked/drained or frozen chopped broccoli, thawed and drained
- 1 c fresh mushrooms, sliced
- 1 (8 ounce) package cheddar cheese, shredded
- 1 (9 inch) unbaked deep dish pie crust
- 4 eggs, beaten
- 1 c milk
- salt and pepper to taste

Directions:

1. Preheat oven to 375 F.
2. In a medium skillet, melt margarine over medium heat. Sauté garlic and onion in margarine until lightly golden. Stir in broccoli, mushrooms, and 1/2 cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.
3. In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.
4. Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.
5. Refrigerate uneaten portions.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>