



Cook Smart | Eat Smart

Chicken and Broccoli Quiche

Estimated time: 10 minutes, prep; 45-55 minutes, cook; 5 minutes cool

KITCHEN EQUIPMENT NEEDED

- Knife
- Cutting board
- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowl
- Vegetable peeler
- Grater
- Wisk/fork
- Colander
- Tongs
- Large spoon
- Spatula
- Microwave-safe container
- Pot with lid



INGREDIENTS

- 2 (9-inch) ready-made piecrusts
- 4 eggs
- 1 cup low-fat or skim milk
- $\frac{3}{4}$ cup low-fat Cheddar cheese
- $\frac{3}{4}$ cup cooked, chopped chicken
- 1 (10-ounce) package frozen, chopped broccoli
- $\frac{1}{4}$ cup carrots, shredded
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{3}{4}$ teaspoon garlic salt
- Pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees F. Bake piecrust according to package directions.
2. In a mixing bowl, combine eggs, milk, garlic, salt and pepper. Mix well.
3. Cook broccoli according to package directions. Pour off liquid. Let broccoli cool; squeeze broccoli to remove some more water. Make sure broccoli is well drained.
4. Layer the meat, vegetables and cheese into baked piecrust. Pour the egg mixture over the ingredients.
5. Bake at 350 degrees F for 30–40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting.

NOTES

This recipe works well as a *hands-on, demonstration or prepared in advance*.

Pre-shredded cheese is a shortcut that will save time in this recipe.

Egg substitute can be used in place of some or all of the eggs in this recipe to decrease fat and calories.

A variety of vegetables can be used.

Add more vegetables and omit the chicken for a vegetarian quiche.

Precooked chicken can be found in the meat section of the grocery store. While it is more expensive than cooking chicken yourself, it can be a time saver.

This recipe works well with canned, cooked chicken.

Deli sliced turkey or ham could be substituted for chicken in this recipe.

NUTRITION INFORMATION PER SERVING (Makes 12 servings)

Calories 270 | Total Fat 16 g | Saturated Fat 6 g | Protein 16 g
Carbohydrates 17 g | Fiber 2 g | Sodium 540 mg



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