



Broccoli Quiche, EASY

Prep Time : 20 mins **Cook Time** : 30 mins **Servings** : Servings: 6 **Source** : Allrecipes.com

INGREDIENTS

- 2 tablespoons butter
- 1 onion, minced
- 1 teaspoon minced garlic
- 2 cups chopped fresh broccoli
- 1 (9 inch) unbaked pie crust
- 1 ½ cups shredded mozzarella cheese
- 4 eggs, well beaten
- 1 ½ cups milk
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon butter, melted

DIRECTIONS

Instructions Checklist

Preheat oven to 350 degrees F (175 degrees C).

Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.

Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese.

Bake in preheated oven for 30 to 50 minutes, or until center has set.

NUTRITION

371 calories; 24.9 g total fat; 162 mg cholesterol; 885 mg sodium. 21.5 g carbohydrates; 16.1 g protein; Full Nutrition