

Crisp Coaching **BROCCOLI QUICHE**

Easy, healthy, and delicious



Ingredients

Instructions

9-inch frozen pie crust
1 tbsp olive oil
1 medium yellow onion
2 cups frozen broccoli florets
4 oz sharp cheddar cheese
3 large eggs
2 large egg yolks
1 cup half and half
Salt and pepper to taste

- Pre heat oven to 375 degrees. Take pie crust out of freezer. Let it stand for about 10 min. Use a fork to puncture holes in the pie crust. Place pie crust on middle shelf of preheated oven. Bake for about 10 minutes or until light golden brown.
- While pie crust bakes: heat oil in a skillet. Add onion and stir occasionally until onions are translucent and edges begin to brown.
- Remove pie crust from oven. Add thawed broccoli florets, and cheese to bottom on pie crust.
- In a bowl, whisk together eggs, egg yolks, half and half, salt, and pepper.
- Pour mixture over pie crust and bake for 35 to 40 minutes.
- Let cool for 15 minutes.