



Crust-Less Quiche

SERVING SIZE: 1/2 cup slice
SERVINGS: 8
PREPARATION TIME: 5-10 minutes
COOK TIME: 45 minutes

INGREDIENTS:

- 1 10 ounce package mixed vegetables, frozen
- 8 Eggs, each
- 1 Cup milk
- 1 Cup shredded cheese
- 1/4 teaspoon salt or seasoning salt
- 1/4 teaspoon pepper

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Grease a 9 inch pie pan or square pan, set aside.
3. Prepare vegetables. Follow package instructions.
4. Place cooked vegetables in the bottom of the greased pan.
5. In a large bowl, use a fork to lightly beat together eggs, milk, cheese, salt and pepper. Pour egg mixture over vegetables in pie pan.
6. Place quiche in oven and bake for 45 minutes, or until the surface is light brown.
7. Cool for a few minutes, then serve and enjoy!

RECIPE TIPS:

- Substitute 2 cups fresh chopped vegetables for frozen. Use what you have available.
- Use 3 cups fresh or 16 ounces frozen veggies for more fiber and nutrients!
- Add garlic powder, Italian seasoning, or your favorite spices to egg mixture.



NUTRITION FACTS:

Amount Per Serving	
Calories	155
Total fat	9g
Saturated fat	4g
Cholesterol	178mg
Sodium	168mg
Total Carbohydrate	7g
Fiber	1g
Sugar	3g
Includes 0g of Added Sugars	
Protein	11g
Phosphorus	208mg
Potassium	202mg

EQUIPMENT NEEDED:

- Oven
- Microwave or stove top
- Large bowl
- Pie pan or square pan

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyselves.org