

Broccoli Quiche

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My mom has a broccoli quiche recipe that is quite good. You can use other vegetables besides broccoli, as well other kinds of cheese (soy, almond, rice etc). We've made it with all 3 as well as shredded Cabot "Sharp" or "Extra Sharp" (Extra Sharp is better). You don't need to pre-cook the broccoli if you cut fairly small pieces so that it will cook easily in the quiche.

If you are using a deep dish pie plate, you will need:

1 pie crust for the bottom

4 eggs

2 cups shredded cheese

1 cup milk

Chopped broccoli (enough to cover the bottom of the pie plate... my mom says she "throws it into the pie plate until it looks like a good amount" so I guess you can use however much you want?)

Ham Chunks (optional), etc

If you are using a regular pie plate:

1 pie crust

3 eggs

1 1/2 cups shredded cheese

3/4 cups of milk

Chopped broccoli

Ham Chunks (optional), etc

Preheat the oven to 425F

In a separate bowl:

- Beat eggs with a whisk or fork
- Add milk
- Continue stirring until well mixed.

Dump solids into pie crust- they should be mixed not layered.

Then dump in milk and egg mixture.

Bake at 425F for 15-20 minutes.

Reduce heat to 350F and bake for another half hour or so (until top is slightly browned)

Remove from oven and let sit for 5-10 minutes.

ENJOY!!

