

Basic Quiche

Yield: 6 servings

Serving: 1/6 of recipe

Ingredients

- 1 baked pie shell (9-inch)
- 1 cup vegetables, cooked and drained
(broccoli, zucchini, or mushrooms) (chopped)
- 1/2 cup shredded cheese
- 3 egg (beaten)
- 1 cup skim milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Instructions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

Cost

Per serving: \$0.55

Nutrition Facts	
Serving Size 1 slice, 1/6 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 450mg	19%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 9g	
Vitamin A 10%	Vitamin C 25%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

