Basic Quiche

Rating: ★★★★☆

Makes: 6 servings

Ingredients

1 pie crust (baked, 9-inch)
1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
1/2 cup cheese (shredded)
3 egg (beaten)
1 cup milk (non-fat)
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder

Directions

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.

Nutrition Information

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>13 g</td>
<td>20%</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>18 g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5 g</td>
<td>25%</td>
</tr>
<tr>
<td>Sodium</td>
<td>440 mg</td>
<td>18%</td>
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</tbody>
</table>
9. Let the quiche cool for 5 minutes before serving