



Crustless Broccoli and Onion Quiche

Recipe Source: PEHP Healthy Utah Test Kitchen Staff

Servings: 2

Ingredients:

1 TBSP olive oil
½ large onion diced
2 cups broccoli florets, cut into 1-inch pieces
4 large eggs
1 cup milk of choice (dairy, rice, soy, almond)
¼ c freshly grated Pecorino Romano cheese (or cheese of choice)
½ tsp salt
Freshly ground black pepper
½ t dried oregano
¼ cup whole wheat or brown rice flour

Steps:

- Preheat oven to 350°. Spray 9-inch baking dish with nonstick olive oil cooking spray and set aside.
- In a large skillet, heat oil over medium heat. Add onion and cook, stirring frequently, until softened, about 3 minutes. Add broccoli and cook about 5 minutes or until tender. Transfer vegetables to prepared pan.
- Combine eggs, milk, cheese, seasoning, and flour in a blender-blend low until smooth, about 1-2 minutes. Pour egg mix evenly over vegetables-sprinkle with paprika (optional) and bake until set, about 35 minutes. Cool quiche 10 minutes before serving.

Nutritional Facts: Calories: 384 , Carbohydrates: 28 grams, Protein: 23 grams, Total Fat: 21 grams, Saturated Fat: 6 grams, Cholesterol: 382 mg, Sodium: 834 mg, Fiber: 4 grams, Total Sugars: 11 grams.