



## Crustless Broccoli Cheddar Quiche

6 servings

40 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 cups Broccoli (finely chopped)
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Garlic Powder

### Nutrition

Amount per serving	
Calories	180
Fat	13g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	12g
Cholesterol	207mg
Sodium	427mg
Vitamin A	759IU
Vitamin C	27mg
Calcium	228mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 2 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 3 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 4 Slice the quiche into wedges and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Dairy-Free,** Omit the cheese or use a dairy-free cheese instead.

**More Flavor,** Add finely chopped onions and red pepper flakes.

**No Almond Milk ,** Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

**Pie Pan,** This recipe was developed using a standard 9-inch glass pie pan.