RECIPE

Chicken Vegetable No-Crust Quiche

Eggs are a very high quality protein that provide us with many different nutrients and protein to fuel our bodies!

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 40 minutes

Source: commonthreads.org, recipe/ chicken-and-veggie-crust-less-quiche

Ingredients

- 5 ounces broccoli, chopped, (frozen or 1/2 head fresh broccoli, about 2/3 cup)
- 1/2 onion, diced (about 1 cup)
- 1 boneless skinless chicken breast, cooked and shredded (about 1 cup)
- 1/3 cup cheddar cheese, shredded, (low-fat)
- 6 eggs, large
- 1 clove garlic, minced (about 1 teaspoon)
- Nonstick cooking spray

Directions

1. Thaw and chop broccoli, dice the onion, mince the garlic, and cook the chicken. In a separate bowl, crack and beat the eggs until well mixed.
2. Preheat the oven to 350 F. Spray a baking dish with nonstick cooking spray
3. Transfer veggies and chicken to a greased baking dish. Top with eggs and cheese.
4. Bake at 350 F for 30-40 minutes or until the top is lightly browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	160
Total Fat:	8 g
Saturated Fat:	2.5 g
Cholesterol:	270 mg
Sodium:	200 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	18 g

Utensils Needed

- Cutting Board
- Knife
- Sauce Pan
- (2) Medium Bowls
- Mixing Spoon
- Baking Dish
- Measuring Cups

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