

Ohio

Vegetable Quiche

Featured Food: Eggs

Makes: 6 servings

Ingredients

- 1 pre-made pie crust, baked (9-inch)
- 1 cup vegetables, chopped? (broccoli, zucchini, or mushrooms)
- ½ cup cheese, shredded
- 3 large eggs, beaten
- 1 cup milk
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder



Directions

1. Preheat the oven to 375°F.
2. Cook the vegetables in a sauté pan on medium heat until they are tender but still crisp.
3. Put the vegetables and shredded cheese into the pie shell.
4. Mix the eggs, milk, salt, black pepper, and garlic powder in a bowl.
5. Pour the egg mixture over the cheese and vegetables.

6. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
7. Let the quiche cool for 5 minutes before serving.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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