

## Chicken & Broccoli Crustless Quiche

### Ingredients:

5 large eggs  
 8 ounces cottage cheese, low-fat  
 1/2 teaspoon garlic powder  
 2 chicken breast, cooked and shredded  
 1 carrot  
 1 onion  
 10 ounces broccoli, frozen, thawed  
 3/4 cup cheddar cheese, low-fat, shredded  
 Pepper, to taste

### Equipment:

Cutting board  
 Knife  
 Grater  
 Measuring cups  
 Measuring spoons

Number of Servings: 8  
 Prep Time: 15 minutes  
 Total Time: 1 hour

### Directions

1. Preheat oven to 350°F. Spray a baking dish with non-stick cooking spray. Thaw broccoli in microwave in mixing bowl.
2. Cut ends off onion, and remove brown layer. Chop into small pieces. Put into mixing bowl.
3. Wash and shred carrot using a grater. Add to mixing bowl and mix well.
4. Add cooked chicken and mix well.
5. Grate cheddar cheese with a grater, and add to mixing bowl. Mix well and pour everything in bowl into baking dish.
6. Crack open 5 eggs, one at a time in a glass, and add to a separate mixing bowl. Beat until well mixed.
7. Add cottage cheese and garlic powder to eggs, mix well. Pour egg mixture over the chicken and vegetables in baking dish.
8. Bake at 350°F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

|                              |               |                      |            |
|------------------------------|---------------|----------------------|------------|
| Serving Size: 1 slice        |               |                      |            |
| Servings: 8                  |               |                      |            |
| Amount Per Serving           |               | Calories from Fat 54 |            |
| <b>Calories 174</b>          |               |                      |            |
|                              |               | <b>%Daily Value*</b> |            |
| <b>Total Fat 6g</b>          |               |                      | <b>9%</b>  |
| Saturated Fat 2g             |               |                      | <b>10%</b> |
| <b>Cholesterol 172mg</b>     |               |                      | <b>57%</b> |
| <b>Sodium 267mg</b>          |               |                      | <b>11%</b> |
| <b>Total Carbohydrate 5g</b> |               |                      | <b>2%</b>  |
| Dietary Fiber 2g             |               |                      | <b>6%</b>  |
| <b>Protein 24g</b>           |               |                      | <b>49%</b> |
| Vitamin A 69%                | Vitamin C 36% |                      |            |
| Iron 8%                      | Calcium 11%   |                      |            |

\*Percent Daily Values are based on a 2,000 calorie diet.

**Great for lunch or breakfast!**

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.