

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.

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Nutrition Facts

Serving Size: 1 slice
 Servings: 8

Amount Per Serving

Calories 174

Calories from Fat 54

%Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Cholesterol 172mg 57%

Sodium 267mg 11%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 6%

Protein 24g 49%

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!

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