

Eat Smart • Move More

Chicken & Broccoli Crustless Quiche

Prep Time: 10 minutes

Total Time: 55 minutes



Ingredients

- Nonstick cooking spray
- 1 cup low-fat cottage cheese
- 5 eggs
- ½ teaspoon garlic powder
- ⅛ teaspoon ground black pepper
- 3 boneless skinless chicken thighs, cooked and shredded
- 10 ounces frozen chopped broccoli, thawed
- ⅓ onion, finely chopped
- ½ carrot, shredded
- ¾ cup reduced fat cheddar cheese, shredded

Nutrition Facts

8 servings per container	
Serving size	1 serving (147.21g)
Amount per serving	Calories 140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 300mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 17g	
Vitamin D 0mcg	2%
Calcium 125mg	10%
Iron 1mg	6%
Potassium 275mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ You can replace frozen broccoli with fresh.
- ▶ For a different flavor, add other vegetables, such as tomatoes, spinach, mushrooms, zucchini, asparagus, or bell peppers.
- ▶ Replace chicken with ham, tofu, or Italian sausage.

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Directions

- Heat oven to 350°F.
- Spray a baking dish with nonstick cooking spray and set aside.
- In a mixing bowl, combine cottage cheese, eggs, garlic powder, and black pepper.
- In the baking dish, layer chicken, vegetables, and cheddar cheese. Pour egg mixture over the ingredients.
- Bake for 30-40 minutes or until top is browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.

(Recipe adapted from: <https://recipes.sparkpeople.com>.)

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