

## Crustless Quiche



### Ingredients:

- 1 tablespoon margarine
- Bread crumbs (Panko works well)
- 4 eggs
- 2 cups low-fat milk
- 1 cup reduced- fat cheddar or Swiss cheese, shredded
- 1 cup frozen broccoli or spinach, thawed and drained

### Directions:

1. Preheat oven to 350 F.
2. Butter the bottom of a pie plate. Sprinkle bread crumbs over margarine.
3. In a large bowl, combine eggs, milk, spinach or broccoli, and cheese.
4. Pour mixture into pie dish. Bake 20-30 minutes, or until a knife inserted into the center of the quiche comes out clean.

Makes 8 servings.



**Tarrant County Public Health**  
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