

Broccoli and Cheese Crustless Quiche

Crustless Broccoli and Cheddar Quiche



Serves 6

Blue – 3 points

Purple – 3 points

Green – 5 points

- 1 Tbsp light butter
- 8 slices Canadian bacon, diced
- 1/2 cup sweet onion, diced
- 2 cups broccoli, cut into bite sized pieces
- 4 oz Cabot 75% reduced fat cheese (if using a different cheese, check points), grated
- 6 large eggs
- 1 cup fat free half and half
- salt and pepper to taste

1. Preheat oven to 400.
2. Grease a 9 inch pie pan.
3. Over medium heat, in a medium skillet, melt the butter and saute the onion, about 7 minutes.

4. Add the chopped broccoli to the bottom of the pie pan, then add the onions and chopped Canadian bacon. Sprinkle with cheese
5. Mix the eggs and half and half together, season with salt and pepper. Pour over the veggie/cheese mixture.
6. Bake on middle rack in the center of the oven until eggs are set – about 30-35 minutes.