



Broccoli and Cheddar Quiche

SERVES 8-10

Ingredients

2 cups of broccoli florets, roughly chopped

1 medium sweet onion

6 oz (3/4 block) sharp white cheddar, shredded

5 eggs

1 cup whole milk or half and half

1 Tbsp of olive oil

1/2 tsp salt

1/4 tsp pepper

1 pie crust

Instructions

Roll out the pie crust to fit a 9 inch pie plate.

Chop the onion. Sauté in a small pan with the olive oil over medium heat until translucent.

Roughly chop the broccoli. Combine with the cooked onion in a medium bowl.

In another small bowl, crack all five eggs and lightly beat them. Add them to the broccoli and onion mixture. Add in the milk, shredded cheddar cheese, salt and pepper.

Bake at 350 for about 45 minutes-1 hour until the crust is golden, the quiche has set and is starting to brown slightly on top.