



Crustless Feta and Cheddar Quiche

8 Servings • 1 Serving = 1 Slice Quiche

INGREDIENTS

- Nonstick cooking spray
- 4 beaten eggs
- ½ cup whole-wheat pastry flour
- 4 cloves garlic, minced
- 1 Tablespoon dill, thyme, or mint (chopped)
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- 1 ½ cup low-fat cottage cheese
- 1 head of cooked broccoli, chopped
- 1 cup feta cheese, crumbled
- 1 cup reduced-fat cheddar cheese, shredded

DIRECTIONS

1. Preheat oven to 350°F. Lightly coat a 9" pie plate with cooking spray.
2. In a medium bowl, combine eggs, pastry flour, garlic, herbs, pepper, and salt. Stir in cottage cheese, broccoli, feta, and cheddar. Spoon into the prepared pie plate.
3. Bake for 40 – 45 minutes or until a knife inserted near the center comes out clean.
4. Cool on a wire rack for 5 – 10 minutes before serving.

Nutrition Facts	
8 servings per container	
Serving size	1 Slice Quiche
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 600mg	26%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 375mg	30%
Iron 2mg	10%
Potassium 249mg	6%

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

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