

## Broccoli-Cheese Crustless Quiche

### Ingredients:

- 6 Eggs
- ½ cup of Half-and-half
- 10 oz. Broccoli, fresh or frozen
- ¾ cup cheddar cheese, shredded
- Salt & pepper, to taste

### Instructions:

1. Spray ramekins, or pie dish.
2. Preheat oven 350°F
3. Steam broccoli on stove or in microwave.
4. In a large bowl, whisk eggs, half-and-half, salt and pepper.
5. Pour into pie dish or ramekins.
6. Sprinkle broccoli and cheese into the dish.
7. Bake 35-40 minutes or until starting to brown.
8. Great with a mixed green salad.

