

# Easy Broccoli Quiche

Makes a  
**Quick**  
Lunch or Dinner!

All the nutrition  
from eggs &  
**Broccoli**  
In a great combo!



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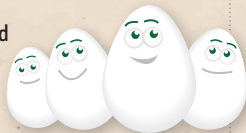
The most important ingredient in this - and every recipe - is plant nutrients. Plant nutrients grew the broccoli for this quiche. Drawn from nature, plant nutrients help kids grow up healthier and live longer lives because it adds nutrition and taste to the foods we love.

To learn more about how plant nutrients feed the world, starting with your family, visit

[www.nutrientsforlife.ca](http://www.nutrientsforlife.ca)

## Ingredients

- NPK to grow the broccoli
- 2 tablespoons butter
- 1 onion, minced
- 1 teaspoon minced garlic
- 2 cups chopped, fresh broccoli
- 1 (9 inch) unbaked pie crust
- 1 ½ cups shredded mozzarella cheese
- 4 eggs, well beaten
- 1 1/2 cups of milk
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon butter, melted



## Directions

- Preheat oven to 350° F (175 °C)
- Over medium-low heat melt butter in a large saucepan, add onions and broccoli. Cook slowly, stirring occasionally until the vegetables are soft.
- Spoon vegetables into pie crust and sprinkle with cheese.
- Combine eggs and milk, season with salt and pepper, stir in melted butter.
- Pour egg mixture over vegetables and cheese.
- Bake in pre-heated oven for 30 mins. or until centre is set.



INTERNATIONAL YEAR OF  
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