

CHICKEN AND BROCCOLI QUICHE

Yield: 6 servings

1 (9-inch) refrigerated pie crust
6 eggs
½ cup skim milk
½ cup chopped onion or 2 tablespoons dry minced onion
1½ teaspoons dried mustard
1 teaspoon salt
½ teaspoon pepper
1 ½ cups shredded sharp Cheddar cheese
1 ½ cups leftover grilled or roasted chicken, cut into small pieces
1 ½ cups leftover cooked broccoli pieces

Unfold crust into a 9 to 10-inch deep-dish pie plate; flute edges of crust. In a large bowl, beat together eggs and milk until blended. Add onion, mustard, salt and pepper; continue beating until combined. Stir in cheese, chicken and broccoli. Pour filling into crust. Bake in a pre-heated 425°F oven for 10 minutes; reduce heat to 350°F; continue baking until knife inserted in center comes out clean, or about 40-45 minutes. Let cool for 5-10 minutes. Cut into 6 wedges and serve.

Nutrition information per serving: 380 calories; 18g total fat; 7g saturated fat; 2g polyunsaturated fat; 5g monounsaturated fat; 251mg cholesterol; 970mg sodium; 27g carbohydrate; 3g dietary fiber; 28g protein; 1209 IU Vitamin A; 11 IU Vitamin D; 57 mcg folate; 192mg calcium; 2mg iron