

## Healthy Veggie Quiche

- 1 (9 inch) unbaked deep dish pie crust
- 6 egg whites
- 3 eggs
- 1 cup milk
- 2-3 Tablespoons Italian seasoning
- salt and pepper to taste
- 1 (8 oz) bag shredded 2% cheddar cheese, divided
- 1/2 (8 oz) bag of Fat Free shredded cheddar cheese
- small onion, chopped
- 1 red bell pepper, chopped
- garlic
- 1 (10 oz) package frozen chopped spinach, thawed and drained
- 1 (8 oz) can of mushroom, drained
- 2/3 -3/4 large bunch of broccoli (about 10 oz or 300 grams on a kitchen scale)

### Instructions

1. Preheat oven to 375 degrees F.
2. Whisk together eggs and milk and set aside.
3. In a large skillet, heat some olive oil over medium heat. Saute garlic, onion, and red pepper until lightly browned, about 6-7 minutes.
4. Dump that into a very, very large mixing bowl.
5. Put the skillet back on the stove and saute the broccoli in a little olive oil until it starts to soften, about 4-5 minutes. Don't overcook it. Add that to the big mixing bowl.
6. Add the thawed and well drained spinach, mushrooms, Italian seasoning, half of the bag of 2% cheese (4 oz), and the half bag (4 oz) of fat free cheese to the mixing bowl. Set aside the other half of the 2% shredded cheese.
7. Season with salt and pepper. Then mix all of that together well with a big spatula.
8. Put the unbaked pie crust in the pie dish, then spoon the mixture into pie crust spreading it out evenly, but don't press it down.
9. Pour the egg and milk mixture evenly into the pie. Let it sit for a couple minutes.
10. Bake in preheated oven for 15 minutes. Then, pull it out and sprinkle the top with remaining cheddar cheese.
11. Bake for 25-35 minutes depending on your oven, until set in center. Let it sit for 5-10 minutes before serving.

**Serving size - 8 pieces**

Servings	8
<b>Nutrition Facts (per 1 Serving)</b>	
Calories	286
<b>Fat (g)</b>	<b>13.5</b>
Saturated (g)	6.3
Polyunsaturated (g)	0.9
Monounsaturated (g)	3.3
Trans (g)	0
<b>Cholesterol (mg)</b>	<b>92.2</b>
<b>Sodium (mg)</b>	<b>876.3</b>
<b>Potassium (mg)</b>	<b>317.1</b>
<b>Carbs (g)</b>	<b>22.4</b>
Fiber (g)	2.7
Sugars (g)	4.4
<b>Protein (g)</b>	<b>19.5</b>
<b>Vitamin A (%)</b>	<b>60.9</b>
<b>Vitamin C (%)</b>	<b>91.3</b>
<b>Calcium (%)</b>	<b>56</b>
<b>Iron (%)</b>	<b>6</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

