



## CULINARY LEARN AND SHARE

# Quiche (Savory Egg Pie)

### Ingredients

- 1lb (454g) shredded Muenster or cheddar cheese, reserve ¼ cup as topping
- 1 small package of frozen or fresh broccoli or spinach (steamed or sauteed, drained, and chopped)
- 2 eggs, whisked
- 1 cup (250 mL) low-fat cottage cheese\*
- Optional add-ins\*\*:  
mushrooms, onions, olives, ham/bacon or chicken

### Directions

Wash hands.

Pre-heat oven to 350°F (175°C).

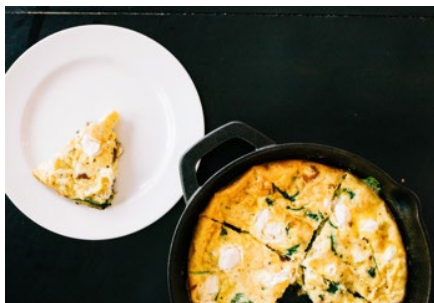
Microwave, steam, or sauté vegetables until they are lightly cooked. Let cool then chop into small pieces.

Line a deep-dish pie plate or oven-proof skillet with the shredded cheese. This will form the crust of the quiche.

In a bowl, mix the cottage cheese and the two eggs. Then add chopped vegetables. If using any optional add-ins, combine them with the mix.

Gently pour this mixture on top of the shredded cheese crust. Top with reserved cheese.

Bake for 25-30 minutes until cheese is melted and top is golden brown.



\* Use low/no salt cottage cheese, if available, to help to control sodium.

\*\*Garnish options for bolder flavor: dash of black pepper, paprika, or chili powder.

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