

recipe Broccoli & Ham Quiche

from foodfolksandfun.com

serves 4-6

cooking time 40 min preheat oven to 375°

- 9 inch frozen pie crust
- 1 tbsp olive oil
- 1/2 med yellow onion, diced
- 2 cups broccoli florets, cooked/thawed if frozen
- 4oz sharp cheddar cheese, shredded
- 3 large eggs (2 of the yolks)
- 1 cup whole milk/half and half
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup ham, diced

Preheat oven to 375, center rack in the middle. Take pie crust out of freezer and let sit 10 min. Prick pie crust with fork and bake for 9-11 min or until light golden brown. Cook onions in olive oil until translucent (6-8 min). Steam florets, or thaw if frozen. Cook ham if needed.

Mix broccoli, ham, onion, cheese together and fill pie crust. In separate bowl, mix eggs, milk, salt, and pepper. Whisk together and pour over broccoli mixture in pie crust.

Bake 35-45 min or until an inserted knife comes out clean. Let sit 15 min before serving.