# Broccoli Quiche

## Main Dishes

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>50 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
</tbody>
</table>
| 10-inch pie shells, unbaked | 1 lb 11 oz | 3 each | 3 lb 6 oz | 6 each | 1. Prick the bottom and sides of pie shells.  
2. To Bake:  
Conventional Oven: 425 degrees F, 5 to 7 minutes  
Convection Oven: 400 degrees F, 5 minutes  
Bake pie shells until lightly browned. Set aside for Step 7. |
| *Fresh broccoli, chopped* | 2 lb 1 oz | 2 qt 2 cups | 4 lb 2 oz | 1 gal 1 qt | 3. Steam or boil until tender.  
To Steam:  
Place broccoli in a steamment pan (12" x 20" x 2 1/2").  
Steam in a compartment steamer for 10 minutes.  
To Boil:  
Place broccoli in a pot of boiling water to cover. Reduce heat to simmer. Cook 10 to 12 minutes. |
| *Onions, minced*  
OR  
Dehydrated onion flakes | 4 oz | 3/4 cup | 8 oz | 1 1/2 cups | 4. In a small pan, saute onions in margarine or butter until tender, about 3 to 5 minutes. Set aside to cool. |
| Margarine or butter | 1/4 cup | 2 Tbsp | 6 oz | 3/4 cup | 5. In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. |
| Lowfat milk | 1 qt |             | 2 qt |             | |
| Fresh large eggs  
OR  
Frozen whole eggs, thawed | 6 each | | 12 each | | |
| Salt | 1/2 tsp | | 1 tsp | | |
| Black pepper | 1/2 tsp | | 1 tsp | | |
| Dry bread crumbs | 4 oz | 3/4 cup | 8 oz | 1 1/2 cups | 6. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 11 oz (2 1/2 cups) of steamed broccoli to each crust. Finally, pour 2 1/3 cups (15 oz) of egg mixture over the broccoli in each crust. |
| Lowfat cheddar cheese, shredded | 14 oz | 3 1/2 cups | 1 lb 12 oz | 1 qt 3 cups | 7. First Bake:  
Conventional Oven: 375 degrees F, 30 to 35 minutes  
Convection Oven: 350 degrees F, 30 to 35 minutes |
| Cheddar cheese, shredded | 4 oz | 1 cup 2 Tbsp | 8 oz | 2 1/4 cups | 8. Top each quiche with 1/2 cup (2 oz) of cheese. Cover with foil. |
Broccoli Quiche

Main Dishes

<table>
<thead>
<tr>
<th>Calories</th>
<th>290</th>
<th>Saturated Fat</th>
<th>5.3 g</th>
<th>Iron</th>
<th>1.6 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12 g</td>
<td>Cholesterol</td>
<td>67 mg</td>
<td>Calcium</td>
<td>202 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>24 g</td>
<td>Vitamin A</td>
<td>161 RE/912 IU</td>
<td>Sodium</td>
<td>513 mg</td>
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<td>Total Fat</td>
<td>16.8 g</td>
<td>Vitamin C</td>
<td>30 mg</td>
<td>Dietary Fiber</td>
<td>2 g</td>
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- **Calories**: 290
- **Protein**: 12 g
- **Carbohydrate**: 24 g
- **Total Fat**: 16.8 g
- **Saturated Fat**: 5.3 g
- **Cholesterol**: 67 mg
- **Vitamin A**: 161 RE/912 IU
- **Vitamin C**: 30 mg
- **Iron**: 1.6 mg
- **Calcium**: 202 mg
- **Sodium**: 513 mg
- **Dietary Fiber**: 2 g

**Nutrients Per Serving**

9. Second Bake:
   - Conventional Oven: 375 degrees F, 15 minutes
   - Convection Oven: 350 degrees F, 15 minutes
   - Bake until knife inserted in center comes out clean.

   CCP  Heat to 155 degrees F or higher for at least 15 seconds.

10. Cut each pie into 9 slices.

   CCP  Hold for hot service at 140 degrees F or higher.

*See Marketing Guide*

**Marketing Guide**

<table>
<thead>
<tr>
<th>Food as Purchased</th>
<th>For 25 Svgs</th>
<th>For 50 Svgs</th>
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<tbody>
<tr>
<td>Broccoli</td>
<td>2 lb 9 oz</td>
<td>5 lb 2 oz</td>
</tr>
<tr>
<td>Onions</td>
<td>5 oz</td>
<td>10 oz</td>
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**SERVING:**

1 piece provides the equivalent of 1 1/4 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1 slice of bread

<table>
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<tr>
<td>25 Servings:</td>
<td>7 lb 6 oz</td>
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<td>50 Servings:</td>
<td>14 lb 12 oz</td>
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**VOLUME:**

For 25 Svgs

**For 50 Svgs**

*See Marketing Guide*