

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
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	
*Onions, minced OR	4 oz	3/4 cup	8 oz	1 1/2 cups	3. Steam or boil until tender. To Steam: Place broccoli in a steamttable 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.
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp	
Margarine or butter		1/4 cup 2 Tbsp	6 oz	3/4 cup	4. In a small pan, saute onions in margarine or butter until tender, about 3 to 5 minutes. Set aside to cool.
Lowfat milk		1 qt		2 qt	
Fresh large eggs OR		6 each		12 each	5. In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend.
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Salt		1/2 tsp		1 tsp	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.
Black pepper		1/2 tsp		1 tsp	
Dry bread crumbs	4 oz	3/4 cup	8 oz	1 1/2 cups	7. First Bake: Conventional Oven: 375 degrees F, 30 to 35 minutes Convection Oven: 350 degrees F, 30 to 35 minutes
Lowfat cheddar cheese, shredded	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups	
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.

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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

Food as Purchased	For 25 Svgs	For 50 Svgs
Broccoli	2 lb 9 oz	5 lb 2 oz
Onions	5 oz	10 oz

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

YIELD:

25 Servings: 7 lb 6 oz
50 Servings: 14 lb 12 oz

VOLUME:

25 Servings:
50 Servings:

Nutrients Per Serving

Calories	290	Saturated Fat	5.3 g	Iron	1.6 mg
Protein	12 g	Cholesterol	67 mg	Calcium	202 mg
Carbohydrate	24 g	Vitamin A	161 RE/912 IU	Sodium	513 mg
Total Fat	16.8 g	Vitamin C	30 mg	Dietary Fiber	2 g