



## Broccoli Quiche (or Vegetable Quiche)

Makes: 50+ child servings (makes 50 mini pie shells or 7 x 9 inch pie shells)

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 ½ cups	all-purpose flour	875 mL
3 ½ cups	whole wheat flour	875 mL
1 ½ tsp	salt	7 mL
2 ¼ cups	margarine or butter	560 mL
1 ¼- 1 ½ cup	cold water	310 – 375 mL
½ cup	vegetable oil	125 mL
2	onions, chopped or diced	2
14 cups	broccoli <b>OR</b> your choice of vegetables (e.g. cauliflower, asparagus, pepper, tomatoes, spinach)	3.5 L
8 cups	milk	2 L
40	eggs	40
1 tsp	black pepper, ground	5 mL
1 tsp	paprika	5 mL
1 tbsp	dried parsley	15 mL
1 tsp	dried basil	5 mL
2 cups	bread crumbs	500 mL
5 cups	cheddar cheese, shredded	1.250 L

Note: Nutrition Information is on page 2.

### Instructions

For pie crust preparation:

1. Combine flour and salt. Mix in margarine or butter until size of small peas.
2. Add water and mix just until dry ingredients are moistened

Roll out pastry dough on a lightly floured surface to an even thickness of about 1/8<sup>th</sup> of an inch (or 3 mm).

**For mini quiches:** Cut dough into 50 mini pie shells using a large circular biscuit cutter or about 2½" x 2½" (6.5 cm x 6.5 cm) squares. Transfer your circles of dough to a cookie sheet lined with parchment paper and chill for at least 30 minutes before using them. Bake mini pie shells in muffin tins in 400° F (200° C) for 5 minutes or until golden.

### For filling preparation:

1. In a small pan, heat oil and sauté onions and broccoli (or other vegetables if using) in oil until tender, about 5-10 minutes. Set aside to cool. Then, divide onion/vegetable mixture evenly between pie crusts.
2. In a bowl, combine milk, eggs, salt, pepper, oregano, paprika, parsley, and basil.
3. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 3 Tbsp of this crumb mixture in the bottom of each baked crust.
4. Pour 15 oz (2 ¼ cups) of egg mixture over each crust.
5. Top each quiche with 2 oz (½ cup) Cheddar cheese and 1 oz (3 Tbsp) bread crumbs.
6. Bake in a conventional oven at 375° F (190 °C) for 40 minutes.
7. Wait until quiche has cooled and serve.

<b>Nutrition Information</b>
Serving 63 g
Calories 250
Fat 12 g
Saturated 3 g
+ Trans 0 g
Sodium: 450 mg
Carbohydrates: 21 g
Fibre 2 g
Sugars 3 g
Protein 13 g
Calcium 200 mg
Iron 2 mg

<b>Food Guide Servings</b>
½ Vegetable & Fruit
½ Meat & Vegetable
½ Grain Product
1 Milk & Alternative