

INCREDIBLE BROCCOLI PIE

A tender quiche that makes its own crust while it bakes.

	cooking spray	
1/2 cup	chopped green onions	125 mL
1	clove garlic, finely chopped	1
1-1/2 cups	cooked chopped broccoli	375 mL
1/2 cup	low fat cottage cheese	125 mL
6	eggs	6
1/2 cup	milk	125 mL
1/2 cup	variety baking mix	125 mL
	salt and pepper to taste	
1 tbsp each	crumbled goat cheese or light cream cheese and grated Parmesan cheese	15 mL

Servings:	4
Preparation:	10 minutes
Cooking:	5 minutes
Baking:	25 minutes
Nutrients per serving:	Calories: 240 Protein: 19.0 g Carbohydrate: 16.0 g Fat: 11.0 g



Spray a 9-inch (23 cm) pie plate with cooking spray. Set aside. Spray a non-stick skillet with cooking spray. Heat over medium heat. Sauté green onions and garlic for 5 minutes or until transparent. Stir in broccoli. Layer broccoli mixture and cottage cheese in pie plate. Set aside. Whisk eggs with milk and baking mix; season with salt and pepper. Pour over cottage cheese in pie plate. Sprinkle top with goat cheese and Parmesan cheese. Bake in a 350°F (180°C) oven for 25 minutes or until a knife inserted near the centre comes out clean.