

Turkey Quiche

~ This crust-less version uses chopped turkey mixed with broccoli, eggs and a taste of gruyere cheese for a lower fat option that is great for breakfast, lunch, or even dinner!.-



Ingredients

- 1 teaspoon olive oil
- 2 tablespoons finely chopped onion
- 1 cup chopped fresh broccoli (or frozen)
- 1 cup chopped cooked turkey
- 1/2 cup shredded Gruyere cheese
- 3 eggs
- 1 cup skim milk
- 1/4 teaspoon salt

Preparation

1. Prepare pie dish by spraying with non-stick cooking spray. Preheat oven to 325 F.
2. Sautee broccoli and onion in a large skillet with 1 teaspoon olive oil. Stir frequently until vegetables are tender.
3. In a medium bowl beat eggs slightly along with the milk and salt.
4. Sprinkle broccoli and onion with the turkey and cheese into prepared pie dish.
5. Pour egg mixture over turkey, broccoli, onion and cheese. Bake in the oven for 25-30 minutes or until a knife inserted into the center comes out clean.

Servings per Recipe: 6

Nutrition (per serving): 140 calories, 3g total Fat, 210mg sodium, 4g carbohydrates, 0g fiber, 3g sugars, 15g protein