

# Crustless Broccoli Quiche

I love quiche, but I rarely eat it because the crust can be such a gut bomb. But! Kathy Brennan and Caroline Campion, authors of the wonderful cookbook KEEPERS, have an amazing recipe for a crustless quiche. It's healthy and delicious. Here's how to make it...

## Crustless Broccoli and Cheddar Quiche

The chicest mom Kathy knew growing up (think Jackie O with a platinum bob) made a version of this dish. That was in the '70s, when quiche was all the rage, but in our minds, it defies trend. She was a busy woman, so she skipped the crust and often baked the filling in individual ramekins in advance. Aside from blanching the broccoli, the quiche can be assembled in minutes. If you prefer to use frozen broccoli, there's no need to blanch it; just thaw and pat dry.

Recipe: Crustless Broccoli and Cheddar Quiche

Makes one 10-inch quiche

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## Ingredients

Olive oil spray (make your own using a spray bottle)

1 (10 oz) package frozen chopped broccoli

6 large eggs

$\frac{1}{2}$  cup plain Greek yogurt

1 teaspoon kosher salt

$\frac{1}{4}$  teaspoon ground pepper

1 tablespoon minced garlic

$\frac{3}{4}$  cup (3 oz) shredded sharp cheddar cheese

## Instructions

Preheat oven to 400 degrees F. Spray a 9-inch pie dish with

nonstick spray.

Bring a medium pot of water to a boil. Add the broccoli. Cook 1 minute, just to defrost. Drain well.

In a large bowl, whisk together the eggs, yogurt, salt, black pepper and garlic. Stir in the broccoli and the cheese.

Transfer the broccoli mixture to the prepared pie dish. Bake until golden-brown and a knife inserted in center comes out clean, 30-35 minutes.

Source : [allrecipes.com](http://allrecipes.com)