

Low-Point Broccoli Quiche

Ingredients:

- 1 Tbs butter (Land O Lakes Lite)
- 1/2 onion, diced
- 1 tsp. minced garlic or 1 clove garlic, chopped
- 2 cups chopped fresh broccoli
- 1, 9-inch unbaked pie crust
- 1 cup reduced-fat mozzarella shredded cheese
- 4 eggs, well beaten
- 1 cup of milk (I used 1%)
- salt and pepper, and other seasonings to taste (some of my favorite seasonings are Goya Adobo and Cavenders Greek Seasoning)

Preheat oven to 350 degrees. Line 9-inch pie plate with crust. Melt butter in a skillet. Add onions, garlic, and broccoli. Cook slowly, stirring occasionally until the broccoli is soft. Spoon broccoli into pie plate and sprinkle with the cheese. Combine eggs and milk. Season with salt and pepper and other seasonings if desired. Pour egg mixture over broccoli and cheese. Bake in preheated oven for 30 to 40 minutes or until center has set.

Total servings = 8

Serving size = 1

Points per serving = 4.8

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)