

Broccoli and Cheddar Quiche



main meals

POINTS® Value: 5
Servings: 8
Preparation Time: 20 min
Cooking Time: 45 min
Level of Difficulty: Easy

Who says real men don't eat quiche?
It's really just an omelet in a pie crust.
Make it for the whole family.

Ingredients

6 oz pie crust, 9-inch, refrigerated
2 tsp olive oil
1/2 cup(s) red onion(s), chopped
1 1/4 cup(s) part-skim ricotta cheese
1 cup(s) low-fat shredded cheddar cheese
1 large egg(s)
2 large egg white(s)
1 tbsp Dijon mustard
1 tsp dried oregano
1/2 tsp table salt, or more to taste
1/4 tsp black pepper, freshly ground, or more to taste
10 oz frozen chopped broccoli, thawed and well-drained
1 tbsp grated Parmesan cheese

Instructions

Preheat oven to 375°F. Press pie crust into bottom and up sides of a 9-inch, removable-bottom tart pan or a 9-inch pie pan; refrigerate until ready to use.

To make filling, heat oil in a small skillet over medium heat. Add onion and sauté until soft, about 3 minutes. Transfer onion to a large bowl and add ricotta cheese, cheddar cheese, egg, egg whites, mustard, oregano, salt and pepper; mix well and fold in broccoli. Spoon mixture into prepared crust and level surface with a wooden spoon; sprinkle with Parmesan cheese.

Bake until a knife inserted near center comes out clean, about 35 to 40 minutes. Let stand 10 minutes before slicing into 8 pieces. Yields 1 piece per serving.

Notes

Not a broccoli fan? Substitute spinach in its place.

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