



Broccoli Cheese Quiche

Ingredients:

1 pie shell
1/2 lb. broccoli, chopped small
1/2 cup diced cooked ham, optional
1/4 cup onion, diced, optional
1-1/2 cups shredded cheese
4 large eggs, beaten
1 cup half-and-half
1/2 tsp onion powder
1/2 cup mayonnaise
(or 1/2 cup salted butter, melted)
1/2 tsp black pepper
1/4 cup self-rising flour

Instructions:

Pre-bake the pie shell at 400°F for 20 minutes, then reduce the oven temperature to 350°F. Fill shell with broccoli, optional ingredients, and 1 cup of cheese. Mix eggs, half and half, onion powder, mayonnaise (or butter), pepper, and flour; beat well. Pour the mixture over the broccoli and top with 1/2 cup cheese. Bake at 350°F for 40 minutes.