

# Broccoli Cheese Quiche

**1 PIE SHELL**

**1/2 LB. BROCCOLI, CHOPPED SMALL**

**OPTIONAL: 1/2 CUP DICED COOKED HAM  
OR CHICKEN**

**1/4 CUP ONION DICED (OPTIONAL)**

**1 1/2 CUP SHREDDED CHEESE (YOUR CHOICE)**

**4 EGGS, BEATEN**

**1 CUP HALF AND HALF**

**1/2 TSP. ONION POWDER**

**1/2 CUP MAYO OR 1/2 CUP SALTED MELTED  
BUTTER (USE MAYO OR BUTTER)**

**1/2 TSP. BLACK PEPPER**

**1/4 CUP SELF-RISING FLOUR**

Pre-bake pie shell at 400 degrees for 12 minutes.

Turn oven down to 350 degrees after removing pre-baked crust.

Place broccoli in baked shell. Add optional items and 1 cup of cheese over them.

Combine eggs, half and half, onion powder, mayo (or butter) and pepper. Beat. Add flour and beat well. Pour this mixture over broccoli in pie shell. Top with the remaining 1/2 cup of cheese. Bake at 350 degrees for 40 minutes.

**IMPORTANT:**

**IF USING ALL PURPOSE FLOUR ADD 1/2 TSP.  
BAKING POWDER.**