

Magic crust quiche



Recipe credit

[Simple Healthy Recipes ONIE Project - Oklahoma Nutrition Information and Education](#)

About this recipe

Serves

6

Serving size

1/6 of recipe

Ingredients

- 1 tablespoon vegetable oil

- 1/2 cup onion (chopped)
- 2 cups vegetables (can use frozen, fresh or leftovers)
- 1 cup cheddar cheese, low-fat (shredded)
- 3 eggs
- 1 1/2 cups milk, 1%
- 3/4 cup baking mix (like Bisquick)

Directions

1. Cook onion in oil (or cook with vegetables).
2. Cook vegetables (or use leftovers). Drain well.
3. Grease a round pie pan or 8 x 8-inch baking dish.
4. Spread cooked vegetables in the pan. Spread cheese on top of vegetables.
5. Mix milk, eggs and baking mix. Pour over vegetables and cheese.
6. Bake at 350 degrees F for 35 minutes, until a safe internal temperature has been reached and a knife inserted into the middle comes out clean.

Tips and variations

Try preparing with frozen broccoli (shown) or spinach.

Nutritional info

Calories

215

Total fat

8 g

Saturated fat

3 g

Cholesterol

89 mg

Sodium

407 mg

Total carbohydrates

22 g
Dietary fiber
4 g
Protein
13 g
Total sugar
8 g
Allergens
Dairy
Eggs
Soy

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