



Chicken and Broccoli Crustless Quiche

Ingredients

- Nonstick cooking spray
- 1 cup low-fat cottage cheese
- 5 eggs
- ½ teaspoon garlic powder
- ⅛ teaspoon ground black pepper
- 3 boneless, skinless chicken thighs, cooked and shredded
- 10 ounces frozen chopped broccoli, thawed
- ½ cup onion, finely chopped
- ¼ cup carrots, shredded
- ¾ cup reduced-fat cheddar cheese, shredded

Directions

1. Heat oven to 350°F.
2. Spray a baking dish with nonstick cooking spray and set aside.
3. In a mixing bowl, combine cottage cheese, eggs, garlic powder, and black pepper.
4. In a baking dish, layer chicken, vegetables, and cheddar cheese. Pour egg mixture over the ingredients.
5. Bake for 30-40 minutes or until top is browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.

Nutrition Facts

Serving Size 1 serving (151.21g)
Servings Per Container 8

Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 300mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 17g	
Vitamin A 25%	Vitamin C 35%
Calcium 15%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.