

## Crust-less Broccoli Cheese Quiche

Simply delicious!

### Ingredients

10 oz Broccoli, chopped, plain, frozen  
1 each cooking spray  
1 cup liquid egg substitute  
1/3 cup white all purpose flour  
1/4 tsp black pepper  
1 1/2 cup low fat cottage cheese  
1 cup low fat cheddar cheese, shredded  
2 oz Cheese, feta, crumbled



### Directions

1. Preheat the oven to 350 degrees F. Cook broccoli in boiling water for 3 minutes in a large saucepan. Drain well and set aside.
2. Lightly coat a 9-inch pie plate with cooking spray and set aside.
3. Combine the egg product, flour, and pepper in a large bowl, then stir in the cottage cheese, broccoli, 3/4 cup of the cheddar cheese, and the feta cheese. Spoon the mixture into the prepared pie plate.
4. Bake, uncovered, for 40 to 50 minutes or until a knife inserted near the center comes out clean.
5. Remove to a wire rack, and sprinkle with the remaining cheddar cheese. Cool 5 to 10 minutes before serving.

Makes 8 servings

### Nutrition Facts:

Calories 118.2  
Total Fat 3.2g  
Total Carbohydrates 8.6g  
Dietary Fiber 1.1g  
Protein 13.5g

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