



FAB RECIPE - WEEK OF 27 AUGUST 2012

Crustless Broccoli Quiche with Caramelized Onions and Blue Cheese



Nutritional Value per Serving:

Calories: 61 Calories from Fat: 28 Total Fat: 3 g Saturated Fat: 1 g Trans Fat: 0 g Protein: 4 g
Carbohydrates: 4 g Dietary Fiber: 1 g Sodium: 118 mg Cholesterol: 30 mg

YIELD: **8 servings**

PREPARATION TIME: **10 minutes**

COOKING TIME: **50-55 minutes**

Details

This crustless quiche from *The Eat-Clean Diet® Cookbook 2* is healthy, simple, filling and low in fat! To cut down the prep and cooking time on the morning of your brunch, prepare the filling ingredients the night before and spread them on the bottom of your quiche dish. The next morning, whisk the eggs with the milk and seasonings, then pour into the quiche dish and bake.

Ingredients

- [Eat-Clean Cooking Spray](#) • 1 tsp / 5 ml extra virgin olive oil • 1 onion, halved and thinly sliced • ¼ tsp / 1.25 ml dried Herbes de Provence • Pinch sea salt • Pinch freshly ground black pepper • 1 cup / 240 ml broccoli florets • 1 egg • 2 egg whites • 1 cup / 240 ml low-fat milk • 1/8 tsp / 0.625 ml freshly grated nutmeg • 2 Tbsp / 30 ml Danish or French blue cheese • Freshly ground black pepper, to taste



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Preparation

1. Position a rack in the upper third of oven and preheat to 400°F / 200°C. Coat a 9-inch glass or ceramic quiche dish with Eat-Clean Cooking Spray and place on a baking sheet to catch any spills.
2. Heat olive oil in a large skillet over medium-high heat. Add onion and Herbes de Provence, and season with a pinch of salt and pepper. Stir to combine and spread out in a single layer to cook, undisturbed, until starting to caramelize, about 3 minutes. Stir and reduce heat to medium low. Continue to cook onions, stirring occasionally, until they reduce in volume and are well caramelized, 20 to 25 minutes.
3. In the meantime, heat a small pot of boiling water over high heat and prepare an ice bath. Blanch broccoli florets in boiling water for 10 seconds, then drain and immediately submerge in ice bath to stop cooking process. Drain and chop florets into half- to one-inch pieces.
4. Whisk together egg, egg whites, milk and nutmeg, and season with a pinch of salt and pepper. Spread caramelized onions, broccoli and blue cheese in bottom of prepared quiche dish. Pour egg mixture over top and push under any ingredients not covered by egg to prevent burning. Bake uncovered until set and golden brown around edges and a knife inserted in the center comes out clean, about 25 minutes. Let quiche rest at room temperature for 10 minutes to settle, then cut into eight slices and serve.

Source: www.eat-cleandiet.com