

Quiche recipe

10 oz. package of chopped spinach: thawed and drained, squeeze to get out all extra moisture

3 eggs

1 cup shredded parmesan cheese, or 1/2 cup powdered parmesan [the kind in the shakable container]

1/4 tsp garlic powder

1 tbsp onion flakes, or 1 small onion chopped

1/4 tsp pepper

1/2 tsp salt

1 or 2 tsp Worcestershire sauce

2 slices bacon, cooked and crumbled, or 1 tbsp bacon bits

3/4 cup broccoli florettes

3/4 shredded cheddar

3/4 cup Bisquick

1 cup milk

mix everything except broccoli and cheddar cheese [with fork], pour into greased pie plate or something equivalently sized. add broccoli evenly, top with cheddar cheese and sprinkle parsley flakes over the top. cook 35 minutes at 400 degrees. 'til knife inserted between edge and center comes out clean.

*** Takes about five minutes to put together. wha-lah!

*** There are endless variations to this dish: Replace spinach with same amount of shredded Chicken for delicious cheesy broccoli/ chicken quiche
Or use ham, turkey, more bacon...whatever

Replace broccoli or spinach with equal amounts of cauliflower, green beans, or asparagus.

It's all about the mix and match folks!