

# Austin's Roasted Broccoli Quiche

## How to:

1. Pre-heat your oven to 400 degrees (F)
2. Chop the broccoli, onions and garlic. Place onto a parchment lined baking tray with 1/2 tablespoon olive oil, a light sprinkle of salt and pepper. Toss to combine. Roast for 15-20 minutes or until light brown, then remove from oven and set aside.
3. Reduce the oven temperature to 375 degrees (F)
4. Place the frozen pie shell onto a parchment lined baking tray and poke with a fork a few times. Put in the oven and bake for 5 minutes. Remove from oven and set aside.
5. While the other items are roasting/baking, in a separate large mixing bowl, crack all 8 eggs and whisk until well beaten
6. Add the milk, cheese, salt and pepper, and green onions to the beaten eggs. Stir well.
7. Pour the egg mixture into the baked pie shell (which should still be on the parchment lined baking tray) with the cooked broccoli mixture
8. Transfer to the oven and bake 30-40 minutes, or until it is set, "puffed" or slightly browned. You'll know it's set when it's no longer "jiggly" in the center\*\*\*
9. Remove from oven and allow to rest a few minutes
10. Cut and serve, eat and enjoy!
11. Want to make the orange cream fruit dip as a side item for the quiche?  
[Click here for the recipe.](#)

## Tips and Tricks:

- I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online
- If your crust looks like it is getting too brown during cooking, you can place foil over the crust (edges of the quiche) to prevent it from burning
- \*\*\*If your quiche isn't done during the recommended time frame, you can always put it back in the oven for a few minutes at a time until it's completely set
- Don't like broccoli? Add roasted or grilled asparagus, peppers or whatever kind of veggies you like. Make it your own creation....the possibilities are endless!
- If you add meat like sausage, make sure you pre-cook it (like the vegetables) before adding to the quiche



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**Servings:** 6

**Preparation + Cooking Time:** 50 minutes

**Suggested kitchen tools:** large baking or roasting tray, spatula, knife, fork, large mixing bowl, whisk

## The Ingredients

### Ingredients:

- 9 inch frozen pie shell
- 1/2 yellow onion, chopped into small pieces
- 1 bunch fresh broccoli, rinsed and chopped into bite sized pieces
- 2 cloves garlic, peeled and pressed or minced
- 1/2 tablespoon olive oil
- 8 large eggs
- 3/4 cup milk (I used plant based unsweetened almond milk)
- 1/2 cup shredded cheddar
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 2 green onions, chopped