**Recipe:**

**Vegetable Breakfast Quiche**

*Kern County Aging and Adult Services*

**FAST & EASY DELICIOUS BREAKFAST, LUNCH, OR DINNER!**

- Easy and delicious, perfect for breakfast, lunch or dinner!
- Low-cost, helps stretch your dollars
- Quick and easy way to get a variety of vegetables in one meal!
- Customizable to your favorite ingredients.
- Enjoy learning a good recipe for food that incorporates the Dietary Guidelines for Americans to keep you excited about eating and staying healthy

### Ingredients

- 4 eggs
- 1/2 teaspoon salt
- 1 cup of milk
- 2 garlic cloves, finely chopped
- 4 ounces mozzarella cheese (1 cup), chopped or shredded
- 2 cups of spinach or bok choy
- Optional ingredients:
  - Vegetables of your choice such as broccoli, zucchini, mushrooms, carrots, etc. Make sure to chop up before adding.

### Directions

1. Preheat oven to 350 degrees F
2. Beat 4 eggs until frothy, about 1 minute
3. Add salt, milk, and finely chopped garlic; mix well
4. Add cheese and spinach, mix well
5. Pour into an 8in or 9in pan, greased or lined with foil
6. Bake for 40 minutes or until firm

### Helpful Hints

- You can use any dark leafy green in place of the spinach, such as bok choy, collard greens or mustard greens
- Boiling or steaming vegetables such as broccoli before adding to the mixture helps speed up the cooking process
Frequently Asked Questions from Seniors

1. What is bok choy?
   - Bok choy is a type of Chinese cabbage. (pictured at the right)
     1 cup of bok choy has less than 10 calories; it is a nutrient dense vegetable that delivers protein, dietary fiber and most vitamins and minerals.

2. Am I supposed to boil all the vegetables?
   - No, you can add in vegetables such as spinach and mushrooms without boiling first because they are not as tough as broccoli for example.

3. How many vegetables should I add?
   - You can add as much as you like, but a good measurement to go by would be about 3 cups or less. That can be 3 cups of one type of vegetable or 3 cups of a variety of vegetables.

“Quiche always seemed like a difficult meal to make, I thought it would be as hard as making a pie, but it’s actually really easy.”

“This demonstration was very helpful because I liked the information that was given about the recipe; it was easy, helpful and delicious.”