

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



Recipe:

Ingredients

- 4 eggs
- 1/2 teaspoon salt
- 1 cup of milk
- 2 garlic cloves, finely chopped
- 4 ounces mozzarella cheese (1cup), 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".