

**Mushroom Quiche**  

**Ingredients  
   
1 pie crust**

**1 package frozen broccoli (or fresh broccoli, steamed)**

**1 cup fresh kale, stemmed and thinly sliced**

**½ cup yellow onion, sautéed**

**½ cup sharp cheddar (can also add goat’s milk feta)**

**3 beaten eggs**

**4 oz. plain organic Greek yogurt, (whole or reduced fat)**

**4 oz. organic milk (whole or reduced fat *or* substitute with unsweetened almond or soy milk)**

**1 tsp. Terra’s Table mushroom powder (optional)**

**Salt and pepper to taste**

**Bake pie crust until lightly browned. (Follow directions on package)**

**Preheat oven to 350.**

**Prepare veggies, (Thaw or steam broccoli, stem and slice kale, sauté onion) Place veggies in the pre-baked pie crust and top with cheese. Mix beaten eggs, yogurt, almond milk, add mushroom powder, salt and pepper. Pour mixture over veggies and cheese. Bake at 350 for 40 minutes (check to make sure the quiche is set, egg mixture should not be runny in the center but lightly set and lightly browned) I like to turn off oven, open door and leave for approx... 15 minutes. Cool on counter for at least 15 - 20 minutes before slicing and serving.**

**Can be frozen whole, sliced and frozen whole, or sliced and individual slices frozen in Ziploc bags.**

**Variation: You can prepare quiche with any veggies you have on hand.**

**Try: Sautéed shiitake mushrooms, steamed or grilled asparagus, steamed or roasted sweet potato, rainbow chard, etc. Before pouring the custard mixture, you can also add an organic protein such as cooked chicken apple sausage or grilled chicken breast)**

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