

# Crustless Quiche

This is a low-carb easy to make dish for breakfast, brunch or even a light dinner. Very versatile - use ingredients from your pantry. Enjoy!!

**Prep time: 15 minutes. Cook time: 40 minutes. Total time: 55 Minutes**

**Note: you'll need a pie dish or quiche dish**

## Ingredients:

- cooking spray
- 1 and 3/4 cups of diced ham
- 1 cup chopped steamed broccoli (fresh or frozen)
- 2/3 cup 2% milk
- 1 cup fresh grated cheese (your choice: swiss, cheddar, gouda, feta, etc.)
- 1/4 cup half and half cream
- 5 large eggs
- 1/2 tsp salt
- 1/8 tsp black pepper
- pinch of nutmeg



## Directions:

1. Preheat oven to 350 degrees. Spray pie dish or quiche pan with oil.
2. Evenly spread the broccoli in the dish. Top with ham. (you can use bacon, sausage or vegan sausage)
3. Make the custard mixture by whisking the milk, half and half, eggs, salt, pepper and nutmeg.
4. Pour the custard into the dish and top with cheese.
5. Bake 35-40 minutes, until the center is set.
6. Cut the quiche into 6 pieces and serve.

## Variations:

Any cheese will work.

You can swap more milk in place of half and half cream, but the texture won't be as creamy.