

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shell, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	<ol style="list-style-type: none"> For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. For 24 servings, use 4 shells. For 48 servings, use 8 shells. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 7. Steam or boil broccoli until tender, about 10 minutes. In a small pan, sauté onions in margarine or butter until tender, about 3-5 minutes. Set aside to cool. In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. Reserve for step 8. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 1 Tbsp of this crumb mixture in the bottom of each baked crust. Add 11 oz (2 ½ cups) of cooked broccoli to each crust. Pour 15 oz (2 ⅓ cups) of egg mixture over the broccoli in each crust.
*Fresh broccoli, chopped	2 lb 2 oz	3 qt 2 cups	4 lb 4 oz	1 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	
Reduced fat Cheddar cheese, shredded	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	

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Reduced fat Cheddar cheese, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	<p>9. First bake: Conventional oven: 375° F for 30-35 minutes Convection oven: 350° F for 30-35 minutes</p> <p>10. Top each quiche with 3 ⅛ oz (¾ cup) of cheese. Cover with foil.</p> <p>11. Second bake: Conventional oven: 375° F for 15 minutes Convection oven: 350° F for 15 minutes Bake until knife inserted in center comes out clean.</p> <p>CCP: Heat to 160° F or higher.</p> <p>12. CCP: Hold for hot service at 140° F or warmer.</p> <p>Cut each pie into 6 slices. Portion is 1 slice.</p>
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* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.	<p>24 Servings: 9 lb 8 oz</p> <p>48 Servings: 18 lb 8 oz</p> <p>Tested 2004</p>	<p>24 Servings: 4 pans</p> <p>48 Servings: 8 pans</p>

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Nutrients Per Serving

Calories	333	Saturated Fat	7.38 g	Iron	1.66 mg
Protein	15.07 g	Cholesterol	79 mg	Calcium	372 mg
Carbohydrate	22.90 g	Vitamin A	1315 IU	Sodium	482 mg
Total Fat	20.41 g	Vitamin C	26.7 mg	Dietary Fiber	2.0 g