



Recipe of the Month - November 2017

Turkey Vegetable Quiche

Serves 8

Serving Size: 1 slice

Ingredients:

- 1 pie crust, unbaked (9 inches)
- 1/2 cup onion, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup red bell pepper, diced
- 1 1/2 cups precooked turkey breast, cubed
- 4 eggs
- 1/2 cup nonfat milk
- 1 teaspoon dried seasoning (basil, garlic, or parsley)
- 1/2 teaspoon ground black pepper
- 1/2 cup shredded cheese (cheddar, mozzarella, or Swiss)

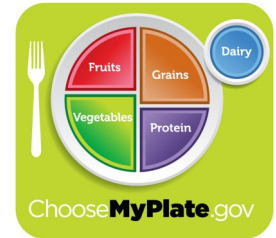
Directions:

1. Preheat oven to 375°F.
2. Prepare pie crust as directed on package.
3. Heat a skillet to medium. Add onion, mushrooms, and red pepper to the skillet. Sauté for 2-3 minutes. Add vegetables and turkey to pie crust.
4. Whisk together eggs, milk, seasoning, and pepper in a bowl. Pour mixture into crust and top with shredded cheese.
5. Bake for 35 minutes or until a knife inserted in the center comes out clean.
6. Remove from oven. Let the quiche set up for about 5 minutes. Slice and serve.

Tips:

- Use leftover turkey from a holiday meal to make this quiche.
- Substitute 1/2 pound of cooked ground turkey for the cubed turkey breast.
- Substitute 1 can of mushrooms for the sliced mushrooms.

NUTRITION FACTS PER SERVING: 210 calories, 10g total fat (3.5g sat. fat), 120mg cholesterol, 210mg sodium, 14g carbohydrates, 1g fiber, 3g sugar, 16g protein



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