

# Crustless Broccoli-Cheddar Quiches by Lynn's Recipes

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Lynn demonstrates how to make Crustless Broccoli-Cheddar Quiches that would be perfect for brunch, lunch or even dinner with a green salad and crusty bread. These can be made individually or you can make one large quiche. Super easy and delicious. From Everyday Food.

## Ingredients:

- Butter for the ramekins or quiche pan
- Coarse salt
- 1 package (10 ounce) frozen broccoli florets
- 6 large eggs
- ½ cup half and half
- ½ teaspoon salt
- ¼ teaspoon ground black or white pepper
- 1/8 teaspoon ground nutmeg
- ¾ cup shredded cheddar cheese

Preheat oven to 350°. Butter four 8 ounce ramekins (or a 9" pie dish) and set aside.

Bring a medium pot of salted water to a boil. Add broccoli and cook 1 minute. Drain well. Transfer to a cutting board and blot dry with paper towels, if necessary. Chop coarsely.

In a large bowl, whisk together eggs, half and half, salt, pepper and nutmeg. Stir in broccoli and cheese.

Ladle broccoli mixture into ramekins, dividing evenly. Place on a rimmed baking sheet. Bake

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until golden brown, 35-40 minutes. Serve with crusty bread and a mixed green salad, if desired.

[Ikea Whisk Link](#)

[Link to Crusty Bread Recipe](#)

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