

BROCCOLI CHEESE AND HAM QUICHE



INGREDIENTS

ITEM

Ideal Protein Broccoli and Cheese Soup
Water
Whole Eggs
Ham, Diced
Green Onions, Chopped
Salt and Pepper (Optional)

QUANTITY

1 packet
½ cup
2
½ cup
¼ cup
To Taste



PREPARATION

- Preheat your oven to 375°F (190°C).
- In a bowl, mix the Ideal Protein Broccoli and Cheese Soup packet with ½ cup of water until well combined. Set it aside for a few minutes to let it thicken.
- In a separate bowl, beat the 2 whole eggs.
- Gradually add the thickened soup mixture to the beaten eggs, stirring continuously to create a smooth and uniform batter.
- Stir in the diced ham and chopped green onions into the egg and soup mixture. Mix until all the ingredients are evenly distributed.
- If desired, season the mixture with a pinch of salt and freshly ground black pepper, keeping in mind that the soup mix might already contain some seasoning.
- Grease a pie dish or quiche pan with a light coating of cooking spray or oil.
- Pour the egg and soup mixture into the prepared pie dish, spreading it evenly.
- Place the quiche in the preheated oven and bake for about 25-30 minutes, or until the quiche is set and the top is lightly golden.
- Once baked, remove the quiche from the oven and let it cool slightly before slicing and serving.
- Serve the Broccoli Cheese and Ham Quiche as a delicious and satisfying meal. It can be enjoyed warm or at room temperature.
- Optionally, garnish the quiche with additional chopped green onions or herbs before serving.