

# Broccoli, Ham & Cheese

# Quiche



SAN ANTONIO REGIONAL HOSPITAL



- 16 oz precooked shredded potatoes, or frozen hash browns (thawed)
- 1¾ c liquid egg substitute, such as Egg Beaters, divided
- 2 T all-purpose flour
- 1 T canola oil, or extra-virgin olive oil
- ¼ t salt
- 2 c finely chopped broccoli florets
- 1 c shredded extra-sharp Cheddar cheese
- ¾ c finely diced smoked ham
- ¾ c reduced-fat sour cream
- ¼ c minced fresh chives
- ⅛ t freshly ground pepper

- 1 Preheat oven to 375°F. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.
- 2 If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with ¼ cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.
- 3 Fill the crust with broccoli, cheese and ham. Whisk the remaining 1½ cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.
- 4 Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

Makes 6 servings. Per serving: 296 calories; 16 g fat (7 g saturated fat, 5 g mono unsaturated fat); 42 mg cholesterol; 17 g carbohydrates; 22 g protein; 2 g fiber; 603 mg sodium; 440 mg potassium. Nutrition Bonus: Vitamin C (52% daily value), Vitamin A (28% dv), Calcium (22% dv), Iron (16% dv), Zinc (15% dv).

# Eggs... Everything They're Cracked Up To Be!

Amino acids, iron, antioxidants, vitamins – eggs are a good source of all of these important nutrients, making them a worthwhile addition to your diet. Include some vegetables in your egg dishes for even greater health benefits!



**Nature's perfect food.** Packed with protein, eggs slow the absorption of food and stabilize blood sugar – satisfying you longer than a carbohydrate meal and potentially reducing between-meal snacking.

**The power of one.** Although eggs contain relatively low amounts of saturated fats compared to other animal products, the American Heart Association recommends eating no more than one egg per day.

**ChoLESterol tip.** It's important for adults to get their cholesterol checked every five years. A total cholesterol score of less than 200 mg/dL is considered optimal.

For more health information, visit **sarh.org**.

References:

<http://www.today.com/health/it-ok-eat-eggs-every-day-1D80333508>

<http://www.foxnews.com/health/2015/02/11/new-dietary-guidelines-may-ok-eating-eggs/>

[http://www.cdc.gov/cholesterol/docs/consumered\\_cholesterol.pdf](http://www.cdc.gov/cholesterol/docs/consumered_cholesterol.pdf)



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