

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



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