



### Broccoli and Cheddar Quiche with a Brown Rice Crust

OMYGOODNESS - THIS IS TO DIE FOR!

#### Ingredients

2 cups cooked brown rice  
1/4 cup cheddar cheese, finely grated  
5 eggs  
1 cup milk  
2 cups broccoli, cut into bite sized pieces and blanched  
1 cup sharp cheddar cheese, grated  
4 green onions, sliced  
1 pinch nutmeg (optional)  
Salt and pepper, to taste

#### Instructions

Mix the rice, finely grated cheese and one egg in a bowl. Press the rice mixture into a pie plate, about 1/4 inch thick.

Bake in a preheated 180 (450 degree F) oven until the edges and bottom just start turning golden brown, about 5 to 7 minutes.

Mix the remaining eggs, milk, broccoli, sharp cheddar cheese and green onions in a bowl and season with salt and pepper. Pour the egg mixture into the pie crust.

Bake in a preheated 375 degree F oven until golden brown and set in the center, about 30 to 35 minutes.

[Kathy Wright Moore](#) shared [Darla Fogle Braden's photo](#).