

Crustless Broccoli Cheddar Quiches

Servings : 4

Amount	Measure	Ingredient - Preparation Method
		butter
		coarse salt
10	ounces	frozen broccoli florets
6	large	eggs
1/2	cup	half and half
		black pepper
1/8	teaspoon	ground nutmeg
3/4	cup	shredded cheddar cheese

Preheat oven to 350. Butter four 8 ounce ramekins (or a 9 inch pie dish); set aside. Bring medium pot of salted water to a boil. Add broccoli; cook 1 minute. Drain well; transfer to a cutting board and blot dry. Chop coarsely.

In a large bowl, whisk together eggs, half and half, 1/2 teaspoon salt, 1/4 tspn pepper, and nutmeg. Stir in broccoli and cheese.

Place ramekins on rimmed baking sheet. Ladle mixture into ramekins. Bake until golden brown, 35-40 minutes.