

## Recipe of the Month

## Quiche

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

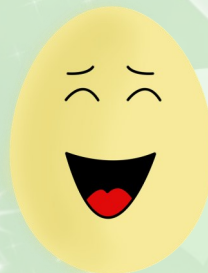
Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

## Food Focus

## Eggs

Eggs are nutrient rich and the yolks are one of a few foods that contains Vitamin D naturally. They are considered to be a valuable source of quality protein, they contain all nine essential amino acids to support effective muscle growth. Did you know that it takes a chicken 24-26 hours to produce an egg. Brown eggs are typically more expensive than white eggs because they come from bigger chickens and they require more food, however there is no nutritional difference between brown and white eggs.



## Feature

## Celebrate National School Breakfast Week

March 6-10



When the school week gets busy, it's easy for students to rush out the door in the morning without having a nutritious meal. That's why school breakfast is such a great option! In fact, students who participate in school breakfast tend to have better attendance rates and fewer behavioral problems.

Did you know children who eat breakfast are more likely to...

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

Jennifer Malchow, RDN,  
LDN  
Registered Dietitian  
Nutritionist  
jmalchow@arbormgt.com

