

Quiche

Nadine Myers

Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009

*1 large bag broccoli and
cauliflower mix
1 pound Italian sausage
1 pound cheddar cheese,
diced
salt (to taste)
pepper (to taste)
garlic powder (to taste)
3 cups milk
1 cup Biquick
4 eggs*

Preheat the oven to 350 degrees.

In a 9x13-inch pan, spread the broccoli and cauliflower mix on the bottom.

In a skillet, uncase the sausage. Brown in some olive oil. Spread the cooked sausage over the broccoli and cauliflower. Top with cheddar cheese, salt and pepper.

In a bowl, blend together the milk, bisquick and eggs. Pour over the mixture into the pan.

Bskr for one hour.

Per Serving (excluding unknown items): 4144 Calories; 337g Fat (73.6% calories from fat); 227g Protein; 44g Carbohydrate; 0g Dietary Fiber; 1769mg Cholesterol; 6774mg Sodium. Exchanges: 28 Lean Meat; 3 Non-Fat Milk; 48 1/2 Fat.