
Tuna Vegetable Quiche

Quantity	Ingredients	Preparation Notes
1	Frozen 9" Pie Crust	• Thaw pie crust 20 minutes then bake 5 minutes at 350 degrees.
1 Cup	Cooked Broccoli, drained and chopped	• Toss together broccoli, tuna, onion, cheese and then spread evenly on bottom of crust
3 oz Can	Tuna, drained and flaked	• Combine eggs, milk, salt and pepper and pour mixture over top
2 Tbsp	Onion, chopped	• Put pie on a cookie sheet and bake at 375 degrees for 40 minutes or until firm in center
1 oz	Monterey Jack Cheese shredded	• Let stand about 10 minutes before serving.
3	eggs slightly beaten	
1 1/2 Cup	Milk	
1/2 tsp	Salt	
1/4 tsp	Pepper	