

BROCCOLI QUICHE *Recipe*

Every

RECIPE STARTS

with the same

ESSENTIAL
INGREDIENT



EASY BROCCOLI QUICHE

with a pinch of nitrogen

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the broccoli for this quiche. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the broccoli
2 tablespoons butter
1 onion, minced
1 teaspoon minced garlic
2 cups chopped fresh broccoli
1 (9 inch) unbaked pie crust
1 1/2 cups shredded mozzarella cheese
4 eggs, well beaten
1 1/2 cups milk
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon butter, melted

DIRECTIONS:

- Preheat the oven to 350 degrees F (175 degrees C).
- Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.
- Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese.
- Bake in preheated oven for 30 minutes, or until center has set.

To learn more about how fertilizer feeds the world, starting with your family, visit NutrientsForLife.org.

fertilizer 

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org.