



Sue's Broccoli-Corn Quiche

Spray a 25 cm quiche dish with cooking spray. Sprinkle with dry breadcrumbs.

Fry 1 chopped onion, some capsicum and 2 or 3 chopped bacon rashers. Let cool.

Combine 4 large eggs (lightly beaten)
1 cup low fat cottage cheese
6 t plain flour
1 t crushed garlic (or 1 clove)
¼ t pepper.

Mix till smooth. Add 1 cup milk and mix.

Mix together cooled onion, capsicum, bacon
2 cups broccoli florets
1 can (185g) corn kernels, drained (or use cooked frozen corn)
1 ½ cups grated cheddar cheese.

Combine all ingredients. Spoon into quiche dish. Cook at 180° until set, about 45 mins.