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# Island Style Breakfast Quiche

## Description

***Chef's Note: This is a versatile recipe that requires a pre-made pie crust that you can purchase at the grocery store and then ingredients that most of us have in our pantry or refrigerators. Feel free to substitute the "fillings" with your favorite ingredients on hand, just include veggies and a protein like sausage or bacon.***

Total time: 1 hr 20 min Yield: 6-8 servings

## Ingredients

1 pie crust (pre-made)  
6 eggs, 2 yolks removed  
2 cup low fat milk  
1/4 cup unsalted butter, melted  
3/4 cup protein enhanced pancake mix  
1 cup Parmesan cheese (grated or shredded)  
2 cup spinach or broccoli crowns, chopped  
1 medium Big Island tomato, diced  
3 Tbsp jarred jalapenos, diced (substitute a sprinkle of black pepper)  
1 Portuguese brand sausage, diced  
1/2 cup cheese, shredded

Prep Time: 30 min Cooking Time: 50 min Total Time: 1 hr 20 min

## Instructions

Pre-heat oven to 400°. Spray a standard pie pan or 9" square pan generously with cooking spray and fit pie crust evenly into the pan. It helps to put the pan on top of a cookie sheet or rimmed pan.

In a medium bowl, beat eggs, then add milk, melted butter, pancake mix and Parmesan cheese – mix thoroughly. Fold in the fillings: greens, tomato, jalapeños and Portuguese brand sausage. Pour mixture into the pie crust. Top with shredded cheese and bake for 50 minutes.

Oven temperatures vary, if the top is browning too fast, cover loosely with a piece of foil. Remove from the oven and let rest for 15 minutes before enjoying.

## Recipe brought to you by:

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