



Turkey Vegetable Quiche

A great way to use leftover turkey and veggies from your holiday meal.
Makes 8 servings. Serving size is 1/8 of quiche.

Ingredients:

- 1 pie crust, unbaked (9inches)
- ½ cup onion, diced
- ½ cup mushrooms, sliced
- ½ cup red bell pepper, diced
- 1 ½ cup precooked turkey breast, cubed
- 4 eggs
- ½ cup nonfat milk
- 1 teaspoon dried seasoning (basil, garlic or parsley)
- ½ teaspoon ground black pepper
- ½ cup shredded cheese (cheddar, mozzarella or Swiss)

Directions:

1. Preheat oven to 350°F
2. Prepare pie crust as directed on package
3. Heat a skillet to medium. Add onion, mushroom and red pepper to the skillet. Sauté for 2-3 minutes. Add vegetables and turkey to pie crust
4. Whisk together eggs, milk, seasoning and black pepper in a bowl. Pour mixture into crust and top with shredded cheese.
5. Bake for 35 minutes or until a knife inserted in the center comes out clean
6. Remove from oven. Let the quiche set up for about 5 minutes. Slice and serve.

Tips

- Use leftover turkey from a holiday meal to make this quiche
- Substitute ½ pound of cooked ground turkey for the cubed turkey breast
- Substitute 1 can of mushrooms for r the sliced mushrooms



Nutrition Facts	
servings per container	
Serving size	(141g)
Amount per serving	200
Calories	200
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 540mg	23%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 64mg	4%
Iron 2mg	10%
Potassium 83mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: SPEND SMART, EAT SMART
 Iowa State University Extension and Outreach

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