

## Quiche Casserole

6 servings

- 10 Large Egg
- 6 ounce, Ham
- 0.50 cup, chopped, Green bell pepper
- 3 cup, chopped or diced, Broccoli
- 2 cup, Spinach, raw, fresh
- 4 oz, Swiss cheese
- 2 oz, Cheddar cheese
- 1 medium, Onion chopped
  
- Beat your eggs until frothy
- Blend in everything else Put it in an 8x8 inch pan, or a pie plate, or what ever you have. place it in the oven at 350 for 30 - 45 minutes When it stops jiggling it's done.

Sodium 228 mg	10 %
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Potassium 333 mg	10 %
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Total Carbohydrate 6 g
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