

**Chicken Broccoli Quiche**, recipe on website

**Celery filled with Hummus "Boats"**, organic if possible  
**Snackimals, Chocolate Chip - Barbara's**  
**Spring Water**

TIPS: Quiche is served both warm and cold. It is your call for your kids. You can top the celery hummus boats with nuts or dried berries - more fun and tasty! Snackimals are Kid Critics Approved. Barbara's also make them Wheat-Free. All are delicious.

**4 God-made Colors:** (yellow, green, tan, brown)

**7 Food Groups:** (poultry, grains, eggs, dairy, vegetables, legumes, sweet)

Kids love quiche! At one Kid Critics taste test, after awarding the recipe their seal of approval, they all began chanting "Quiche, Quiche, Quiche." They wanted more. Don't be afraid to offer it to your kids. It is much easier to make than you think. As long as you have mozzarella cheese and eggs, you can add any left overs - meat, fish, beans - and voila, you have a great quiche.

What would make it difficult for me is a homemade pie crust. I buy mine ready made! You can also make a quiche without a crust - just be sure the filler does not stick to your pie pan. By the way, we prefer Pyrex - no metal. Turn your kids on to nutrient-packed quiche. Serve it like a slice of pizza - finger food!