

CRUSTLESS SPINACH QUICHE

Preparation: **10** minutes | Cooking: **45** minutes | Servings: **6**

INGREDIENTS

5 large eggs
1 package (10 ounces)
frozen chopped spinach
3 cups shredded cheese
of your choice
1 cup chopped onion
1 cup sliced mushrooms
2/3 cup finely chopped
cooked ham
1 tablespoon canola oil
Salt and pepper



INSTRUCTIONS

In a large skillet, sauté onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until the excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-inch pie pan or quiche dish. Bake at 350 degrees for 40-45 minutes or until a knife inserted in the center comes out clean. Enjoy!