

Crustless Veggie Quiche

A perfect way to start your day!



INGREDIENTS:

8 oz. button mushrooms
1 clove garlic, minced
10 oz. spinach, thawed
4 large eggs
1 cup milk
2 oz. crumbled feta cheese
1/4 cup grated parmesan
1/2 cup shredded mozzarella
salt and pepper to taste
Teaspoon olive oil

DIRECTIONS:

1. Preheat oven to 350 degrees. Squeeze the excess moisture from the thawed spinach. Rinse the mushrooms and slice thinly.
2. Add mushrooms, garlic, salt and pepper to a pan with olive oil and saute until mushrooms are soft.
3. Coat a 9-inch pie dish with olive oil or a non-stick spray. Place the squeeze dried spinach at the bottom of the pie dish.
4. Place the sauteed mushrooms on top of the spinach, followed by the crumbled feta.
5. In a medium bowl, whisk together the eggs, milk, and parmesan cheese. Pour the egg mixture over the vegetables and feta in the pie dish. Top with shredded mozzarella.
6. Bake the quiche for 45-55 minutes, or until the top is golden brown.



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