

Crustless Spinach Quiche



Ingredients W/ Measurements:

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 tablespoon canola oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 large eggs
- 3 cups shredded Muenster or Monterey Jack cheese
- 1/8 teaspoon 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-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

Ingredients W/O Measurements:

Onion	Mushroom
Canola Oil	Frozen Chopped Spinach
Eggs	Muenster or Monterey Jack Cheese
pepper	