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| |  |  | | --- | --- | | Onion | Mushrooms | | Canola Oil | Frozen Chopped Spinach | | Finely Chopped Fully Cooked Ham | Eggs | | Monterey Jack Cheese | Pepper |  Ingredients Without Measurements |

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| Recipe 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. |

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| Ingredients With 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 |

# Crustless Spinach Quiche Recipe: How to Make ItCrustless Spinach Quiche