## **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

### **Ingredients W/O Measurements:**

|  |  |
| --- | --- |
| Onion | Mushroom |
| Canola Oil | Frozen Chopped Spinach |
| Eggs | Muenster or Monterey Jack Cheese |
| 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.

