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# **Crustless Spinach Quiche**



I serve this in the summer for brunch with a side of sausage links and a fresh fruit bowl!

By ANY14TNS

Prep: 20 mins

Cook: 30 mins

Total: 50 mins

Servings: 6

Yield: 6 servings



# Ingredients

1 tablespoon vegetable oil

1 onion, chopped

1 (10 ounce) package frozen chopped spinach, thawed and drained

5 eggs, beaten

3 cups shredded Muenster cheese

1/4 teaspoon salt

1/8 teaspoon ground black pepper

# **Directions**

# Step 1

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.

# Step 2

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.

# Step 3

In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.

# Step 4

Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

#### **Nutrition Facts**

**Per Serving:** 310 calories; protein 20.4g; carbohydrates 4.8g; fat 23.7g; cholesterol 209.2mg; sodium 545.6mg.

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