

Crustless Spinach Quiche



Serves 6

Ingredients:

- 1 tablespoon oil
- 1 medium onion
- 1/2 package frozen, chopped spinach
- 5 large eggs
- 2-3 cups shredded Muenster cheese
- 1/4 teaspoon salt
- Pinch of black pepper

Adapted from allrecipes.com

Instructions:

1. Preheat oven to 350°F. Lightly grease a 9-inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft.
3. Empty spinach into strainer and allow to thaw. Press out all water once thawed.
4. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
5. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

Nutrition per serving: Calories 302; Total Fat 23.7 g; Saturated Fat 12.5 g; Monounsaturated Fat 7.1 g; Polyunsaturated Fat 2.3 g; Total Carbohydrates 3.3 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.0 g; Sugars 1.9 g; Protein 19.0 g; Sodium 515 mg