



Crustless Spinach & Mushroom Quiche

Yield: 6 servings. Recipe from eatingwell.com

Ingredients

2 tablespoons extra-virgin olive oil
8 ounces sliced fresh mixed wild mushrooms (cremini, shiitake, button and/or oyster mushrooms)
1 ½ cups thinly sliced sweet onion
1 tablespoon thinly sliced garlic
5 ounces fresh baby spinach (about 8 cups), coarsely chopped
6 large eggs
¼ cup whole milk
¼ cup half-and-half
1 tablespoon Dijon mustard
1 tablespoon fresh thyme leaves, + garnish
¼ teaspoon salt
¼ teaspoon ground pepper
1 ½ cups shredded Gruyère cheese

Nutritional info

Calories 277	Sodium 443g
Carbohydrate 7g	Vitamin A 2127IU
Fiber 2g	Vitamin C 11mg
Protein 17g	Calcium 358 mg
Fat 20g	Iron 2mg
Potassium 289mg	

Directions:

1. Preheat oven to 375° F. Coat a 9-inch pie pan with cooking spray; set aside.
2. Heat the oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes. Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.
3. Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with thyme and serve.