

Crustless Spinach Quiche

5 Eggs Beaten

1 Tbsp. Olive/coconut oil

1 oz Pkg Frozen Spinach thawed & drained

3 cups Muenster cheese – or cheese of your choice

¼ Tsp. Salt

1/8 Tsp. black pepper

Prep Time 20 Minutes Cook 30 minutes Pre Heat Oven & lightly grease a 9" pie pan

Heat oil in Lg. skillet over med. heat, add onions & cook stirring occasionally until onions are soft. Stir in Spinach & continue cooking until excess moisture has evaporated. In Lg. bowl, combine eggs, cheese, salt & pepper and spinach mixture & stir to blend. Pour mixture in pan, bake at 350 for about 30 minutes until eggs are set and let cool 10 minutes before serving.

Melanie Sullivan 12/4/17