



Crustless Spinach Quiche

Yields 6-8 Servings

INGREDIENTS:

- 10 oz. fresh spinach, washed, dried and chopped or 1-10 oz. package frozen chopped spinach, thawed and squeezed of excess liquid
- 1 Tbsp. olive oil
- 1 medium onion, diced small
- 5 eggs, beaten
- 2 ½ cups (¾ lb.) muenster cheese (or cheese of choice), grated
- ½ tsp. salt and ¼ tsp. pepper or ¾ tsp. Pasta Girl Seasoning (PGS)



This gluten-free quiche is one of my favorite quiche recipes! It's simple to prepare, can be made ahead of time, and freezes wonderfully. Enjoy it for breakfast, lunch, or a light dinner alongside a tossed green salad. Customize it with your preferred vegetables. I've been making it for years, and even kids love it!

INSTRUCTIONS:

1. Lightly grease a 9" quiche or pie pan.
2. Over medium-high heat, sauté onion for 3 minutes; add spinach and cook another 3 minutes. Remove from heat and let cool.
3. In a separate bowl, beat eggs and fold in the cheese.
4. Add in cooled spinach mixture and salt and pepper or PGS.
5. Spread evenly into prepared quiche pan or pie plate.
6. Bake at 350 degrees for about 35-45 minutes until center is set.