

SPINACH QUICHE

Prep Time: 20 Minutes
Cook Time: 55 Minutes

Ready In: 1 Hour 20 Minutes
Servings: 6

"This cheesy deep-dish quiche is loaded with onion, spinach, and cheese."

INGREDIENTS:

1 (9 inch) unbaked deep dish pie crust	
1 tablespoon olive oil	5 eggs, beaten
½ c diced onion	¾ cup milk
1 ½ c drained chopped spinach	½ teaspoon salt
or stir fried veggies (may include	¼ teaspoon ground black pepper
kale, garlic, carrots, broccoli or	1 ½ cups shredded cheddar or other hard
any of your favorite veggies)	cheese

Preheat oven to 400 degrees F (200 degrees C). Defrost frozen spinach in microwave or defrost ahead of time.

Heat olive oil in a large skillet over medium heat. Cook and stir onion, and other fresh vegetables until soft, 5 to 7 minutes. Remove onions and/or vegetables from skillet and set aside.

Squeeze all excess water from spinach by hand or in a collander

Whisk eggs, milk, salt, and pepper together in a small bowl

Prick pie crust with a fork for even baking. Spread 1 cup cheese in the bottom of pie crust. Layer vegetable mixture over the cheese. Pour egg mixture into pie shell. Sprinkle remaining ½ cup cheese atop the quiche.

Bake in preheated oven until a knife inserted near the center comes out clean, 40 to 45 minutes. Cool 5 minutes before serving.