Spinach, Mushroom, and Feta Crustless Quiche

Serves 6

Ingredients

- 8 oz fresh mushrooms
- ½ tsp garlic, minced
- 1 bunch fresh spinach, washed
- 4 large eggs
- 1 cup low-fat milk
- 2 oz feta cheese
- ¼ cup grated parmesan
- ½ cup shredded mozzarella cheese
- Salt and pepper to taste

Preparation

Preheat your oven to 350 degrees. Chop fresh spinach and set aside. Rinse the mushrooms and slice them thinly. Place the sliced mushrooms in a skillet coated with non-stick spray, add the minced garlic, and sprinkle a little salt and pepper. Turn the heat on to medium-high and sauté the mushrooms until they release all of their moisture and no more water remains on the bottom of the skillet, about 5-7 minutes. Spray a pie dish with non-stick spray. Spread spinach out on the bottom of the pie dish. Next add the cooked mushrooms and crumbled feta. In a medium bowl whisk together the eggs until fairly smooth. Add the milk, parmesan, and another small sprinkle of pepper. Whisk to combine. Pour this mixture into the pie dish over the spinach, mushrooms, and feta. Sprinkle the shredded mozzarella cheese over top. Place the pie dish on a baking sheet for easy transfer into the oven. Place the quiche into the preheated oven and bake until it is golden brown on top and the center is solid. Every oven is different but this should take between 45 minutes and an hour. Slice and serve.

Calories 150, Total Fat 9g, Sat Fat 4.5g, Sodium 400mg, Carbohydrates 6g, Fiber 1g, Sugars 4g, Protein 13g

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