



### Easy No Crust Quiche

- 4 oz. fresh spinach
- 8 eggs
- ½ diced red pepper
- 4 mushrooms – dices or sliced
- ½ sweet onion diced
- ½ c. non-fat milk
- ¼ t. Tabasco or Cholula hot sauce
- ¼ t. fresh cracked black pepper

Heat oven to 400 degrees. Grease the Pyrex pie plate with a small amount of avocado oil (or olive oil) and place all the spinach on the pie plate – it will look full. Bake until well wilted about 5 minutes.

Crack eggs into bowl, add milk, hot sauce and black pepper, whisk until well blended. When spinach is wilted, remove from oven, place diced peppers, onions and mushrooms on top of spinach and pour in egg mixture. Bake for 18-20 minutes or until a table knife inserted into the quiche near center comes out clean.

Serves 4

This pairs well with a bowl of blueberries and strawberries or toast with avocado.