

## Quick-prep Crustless Spinach Quiche

### Ingredients

- 1 tablespoon olive oil
- 1 organic onion, chopped
- 1 - 4 oz bag of raw organic spinach
- 6 Free-roaming organic brown eggs, beaten (use whisk or mixer)
- 8 oz shredded organic or imported cheese (Swiss, Gouda, Muenster, mozzarella – any one type or combine!)
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground black pepper

### Directions

1. Preheat oven to 350 degrees F.
2. Heat oil in a large stainless steel skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach, cover and turn off heat.
3. In a large bowl, combine eggs, salt and pepper.
4. Add spinach mixture and stir to blend.
5. Pour into greased 9" pie dish or square baking dish – ceramic or glass (no aluminum!)
6. Sprinkle shredded cheese over top.
7. Bake in preheated oven about 30 minutes. Cheese should be melted and bubbly. Let cool 10 minutes.
8. Serve with a fresh, raw organic salad topped with sprouts.

To double recipe, use oblong baking dish. Refrigerate leftovers, and reheat in toaster oven.

*Others options: Use frozen organic spinach de-thawed and drained. For added flavor and health benefits add a clove of garlic to the onion sauté as well as shitake mushrooms. You can always add this to the bottom of the recipe.*

*A few examples of variations include:*

- kale-roasted red pepper-feta cheese
- spinach-mushroom-Italian cheese
- broccoli-cheddar cheese
- spinach-eggplant-goat cheese

*We recommend experimenting with different veggies for variety and to accommodate the particular season. Most fresh vegetables can be used; I'll go through the fridge and throw into the sauté any produce that's "on the verge" to reduce waste. Fresh organic produce has a shorter shelf life due to the lack of chemicals used in the farming, so it goes bad quicker.*

