



SPINACH & MUSHROOM QUICHE

By Dr. Cindy Tanzar
(Maintenance Plans)

This simple crustless quiche is delicious and easy. You can always sub the spinach for other vegetables, but you will want to cook them before baking, as well, to prevent a wet or watery quiche. This is a maintenance recipe, because of the cheese, that contains six servings. It will not fit nicely into the standard weight loss plan. You will want to add some protein on the side of your serving, like a couple slices of turkey bacon or sausage, to ensure adequate protein for a meal.

Makes 6 servings.



INGREDIENTS

- 2 Tbsp avocado oil
- 8 oz fresh sliced mushrooms (cremini, oyster, button, shiitake)
- 1-1/2 cups sweet onion, thinly sliced
- 1 Tbsp garlic, thinly sliced
- 5 oz. fresh baby spinach, coarsely chopped
- 6 large pastured eggs



1/4 cup organic heavy cream
1/4 cup organic whole milk, half & half or almond milk
1 Tbsp Dijon mustard
1 Tbsp fresh thyme
1/2 tsp Pink Himalayan salt
1/4 tsp. black pepper
1-1/2 cups Gruyere or preferred cheese, shredded

INSTRUCTIONS

Preheat oven to 375°F. Grease a 9-inch pie plate with avocado oil.

Heat a large skillet over medium-high heat, then add the avocado oil to coat the pan. Add the mushrooms, stirring occasionally until brown and tender. Add onion and garlic, stirring often until soft - about five minutes. Add spinach, tossing until wilted - 2-3 minutes. Remove from heat.

Whisk together the eggs, cream, milk, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Poor into the pie pan.

Bake 30 minutes until set and slightly browned. The quiche should still slightly jiggle in the middle. Let stand for 10 minutes before eating.