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Spinach and Mushroom Crustless Quiche

This crustless quiche is a wholesome breakfast loaded with sautéed mushrooms, fresh spinach, and creamy eggs. High in protein and rich in vitamins, it's a satisfying start to your day—no crust, no fuss.

Serves: 6

Ingredients:

- 8 oz mushrooms
- 1 clove garlic, minced
- ⅛ tsp salt
- 1 T vegetable oil, divided
- 10 oz fresh chopped spinach
- 2 oz feta cheese
- 4 large eggs
- ¼ cup grated parmesan
- ¼ tsp black pepper
- 1 cup milk
- ½ cup shredded mozzarella

Directions:

1. Preheat the oven to 350°F.
2. Rinse mushrooms, then slice thinly. Mince the garlic.
3. Add the mushrooms, garlic, salt, and a ½ T vegetable oil to a skillet. Sauté the mushrooms over medium heat until they have released all of their moisture and it has evaporated from the skillet. No water should remain in the skillet.
4. Brush the other ½ T oil inside a 9-inch pie plate. Layer the mushrooms, spinach, and crumbled feta into the pie plate.
5. In a large bowl, whisk together the eggs, parmesan, pepper, and milk.
6. Pour the egg mixture into the pie plate over the spinach, mushrooms, and feta. Top with the shredded mozzarella.
7. Bake the crustless quiche in the preheated 350°F oven for about 50 minutes, or until it is golden brown on top and the internal temperature reaches 160°F. Slice and enjoy!

Nutrition Info per serving:

Calories: 157, Saturated Fat: 5 g, Sodium: 336 mg, Added Sugars: 0, Fiber: 1.6 g, Protein: 13.6 g
Iron: 12%

Recipe adapted from:

<https://www.budgetbytes.com/spinach-mushroom-feta-crustless-quiche/>