



Crustless Spinach & Onion Quiche

This high protein main dish can be served for breakfast, lunch, or dinner, and it makes a great make-ahead meal for guests.

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (10 ounce) package frozen chopped spinach - thawed, drained, and squeezed dry
- 5 large eggs, beaten
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 3 cups shredded Muenster cheese

DIRECTIONS

STEP 1

Gather the ingredients. Preheat oven to 350. Lightly grease a 9-inch pan.

STEP 2

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until soft, about 3 minutes. Stir in spinach and continue to cook until excess moisture has evaporated.

STEP 3

Whisk together eggs, salt, and pepper in a large bowl. Add Muenster cheese and spinach mixture and stir until well blended.

STEP 4

Pour into the prepared pan. Then bake in the preheated oven until eggs have set, about 30 minutes.

STEP 5

Remove from the oven and let cool for 10 minutes before serving.

NUTRITION FACTS

Serving Size: 1 piece | Total servings: 6 | Per Serving: 310 calories, total carbohydrate 5g, dietary fiber 2g, total sugars 2g, protein 20g, total fat 24g, saturated fat 13g, cholesterol 209mg, sodium 546mg



Wisconsin Athletic Club

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