



Easy Crustless Quiche



prep time
15 minutes



total time
45 minutes



servings
6

Ingredients

- 8 Eggs ~ 8 protein, 2 2/3 fat servings
- 10 oz/300 grams Frozen Chopped Spinach thawed & drained
~ 3 veggie servings
- 1 Small Onion ~ 1 veggie serving
- 2 cups Mozzarella Cheese shredded
~ 8 protein servings, 4 fat servings
- ½ teaspoon Salt
- ¼ teaspoon Pepper
- 1 tablespoon Oil ~ 1 fat serving

Instructions

- 1 Preheat oven to 350° and lightly grease a pie pan.
- 2 Heat oil in a large skillet over medium heat. Saute onions until translucent, then stir in spinach. Continue cooking until any excess moisture from the spinach is evaporated.
- 3 In a large bowl, combine eggs, cheese, salt and pepper. Add spinach and onion mixture and combine well.
- 4 Pour into the pie pan and bake for about 30 minutes or until eggs are set.



Whole Recipe Breakdown:
16 Servings Protein
0 Servings Carb
7 2/3 Servings Fat
4 Servings Veggies