



# Spinach Mushroom and Feta Crustless Quiche

## Ingredients

8 oz of mushrooms

2 garlic clove, minced

Bag of spinach (about 150g)

4 large organic eggs

1 cup of milk of choice (unsweetened)

2 oz feta cheese

1/4 cup grated Parmesan

1/2 cup shredded mozzarella

1 tbsp salt substitute blend ✓

1/2 tbsp olive oil

## Directions

1. Preheat oven to 350 degrees F.
2. In a large pan, add spinach a with a little water (about 2 tbsp) and quickly cook over medium heat until leaves turn a brighter green (a couple of minutes). Remove from stove top, let cool, and squeeze excess moisture from spinach with a paper towel. Set aside.
3. In a cooking pan, add 1/2 tbsp of olive oil, minced garlic, and mushrooms and over medium heat, saute mushrooms and garlic until mushroom is soft (a couple of minutes).
4. In a pie baking dish, coat with a little olive oil, place the squeeze-dried spinach in the bottom. Next place the sauteed mushrooms on top, followed by the feta cheese.
5. In a medium bowl, whisk together eggs, milk, parmesan, and spices. Pour egg mix over the feta in the baking dish. Top with shredded mozzarella.
6. Bake for about 50 minutes or until top of quiche looks golden brown.
7. Serve warm

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