

Dinah's Kitchen

Frittata Crustless Quiche

Combine in large mixing bowl:

3 Cups Fresh chopped Spinach and vegetables

2 cups shredded cheese

Mediterranean Blend, Jack, Cheddar

18-24 egg whites (fewer if using whole eggs)

Optional*

Chopped onion, garlic, 1/2 teaspoon thyme, seasonings

Prepare large 1 large casserole pan, or individual souffle pans, or muffins tins. Pour mixture into pans and bake until firm and slightly golden—25 minutes for individual pans and 50—60 minutes for larger pans.