

Dinah's Kitchen

Spinach Quiche – no Crust

Jamie

Ingredients

- 1 tablespoon olive oil
- 1 onion, cut into small dice
- 1 clove garlic, finely minced
- 1 (10 ounce) box frozen chopped spinach, thawed and drained
- 6 Artichoke hearts
- 5 large eggs, beaten
- 3 cups shredded Muenster cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

Adjust oven rack to center position; preheat oven to 400 degrees. Lightly grease or vegetable spray a 9-inch heat-resistant glass dish and set in heating oven.

Heat oil in a medium skillet over medium-high heat. Add onions and cook, stirring occasionally, until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute. Add spinach and continue cooking until all moisture has evaporated. Remove from heat.

Combine eggs, cheese, salt and pepper in a large bowl. Stir in spinach mixture. Carefully remove glass dish from oven. Pour in spinach mixture and bake until set, about 25 minutes. Cool slightly, slice and serve.

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