

For Busy Peeps

Quick Quiche

GLUTEN FREE



Ready in **20 minutes**

Serves: 6-8

Ingredients

- 2 Tbsp butter, separated
- 4-5 favorite mushrooms, chopped (I used ali'i mushrooms, also known as king oyster mushrooms)
- ½ tsp fine smoked salt (I used apple wood smoked salt)
- 4 cups lightly packed spinach
- 8 eggs, whisked
- ½ cup grape tomatoes, halved
- 1 cup favorite grated cheese (I used Colby-Jack)
- ¼ cup green onions to garnish

Directions

- Preheat oven to 350 degrees.
- Grease 10" quiche pan with 1 Tbsp butter
- Add 1 Tbsp butter to frying pan and brown mushrooms, season with smoked salt
- Remove mushrooms from pan and add spinach
- Cook spinach until completely wilted
- Whisk 8 eggs and pour over mushrooms and spinach
- Top with cheese

- Bake for 15-20 minutes *do not overcook - use toothpick to check for doneness - (poke a toothpick in it and if it comes up dry, it's done)
- Let cool for 5 minutes and serve

Tips

This is such a simple recipe. You can use things up in your fridge - I added some grape tomatoes (1/c cup) that needed to be eaten; throw some blanched broccoli in there, leftover chicken, or green chilis to spice it up. Garnish with green onions or cilantro.

You can double this recipe and save half for another breakfast later in the week. It keeps well for up to a week in the fridge.

The spiritual message in this recipe

A friend of mine said I couldn't call this a quiche, as it didn't have any crust or cream. I laughed and told her that I used my poetic license to call it a quiche. Step out from the mainstream, do things that stand out, be different, BE YOU.