

Recipe



Spinach & Mushroom Quiche

Yield: 6 Servings

High Protein, Gluten Free, Vegetarian, Low Carb

Nutrition

Serving Size: 1 Slice

Per Serving: Calories: 277

Carbohydrates: 6.8g

Fat: 20g

Sodium: 442.5mg

Protein: 17.1g

Dietary Fiber: 1.5g

Saturated Fat: 8.2g

Sugars: 3.2g

Ingredients

- 2 tablespoons extra-virgin olive oil
- 8 ounces sliced fresh mixed wild mushrooms such as cremini, shiitake, button and/or oyster mushrooms
- 1 ½ cups thinly sliced sweet onion
- 1 tablespoon thinly sliced garlic
- 5 ounces fresh baby spinach (about 8 cups), coarsely chopped
- 6 large eggs
- ¼ cup whole milk
- ¼ cup half-and-half
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 ½ cups shredded Gruyère cheese

Directions

Preheat oven to 375 degrees F. Coat a 9-inch pie pan with cooking spray; set aside.

Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes. Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.

Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with thyme and serve.

Source: eatingwell.com/recipe/278023/spinach-mushroom-quiche

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