

# Crustless Quiche

- 4 eggs
- 1 heaping cup of spinach (washed & rinse)
- 1 cup mushrooms (washed & sliced - I used frozen.)
- 1/4 cup of crumbled blue cheese (or any cheese of your choice)
- 1 tsp. EVOO
- pinch of ground black pepper

## Instructions:

1. Wash hands for 20 seconds. Make sure to scrub around your wrists, between your fingers, and under your finger nails.
2. Preheat oven to 350 degrees Fahrenheit.
3. Crack 4 eggs in a mixing bowl.
  - a. Discard egg shells and wash hands again to prevent cross-contamination.
4. Using a whisk or fork, mix/beat eggs together.
5. Add 1 heaping cup of spinach and 1 cup of mushrooms to the eggs.
  - a. Feel free to use your favorite vegetables. I used spinach & mushrooms because that's what I had.
6. Mix vegetables and eggs together.
7. Pour 1 tsp. EVOO in an oven safe baking dish.
  - a. Spread EVOO to coat baking dish.
8. Pour egg mixture into baking dish.
9. Pour 1/4 cup crumbled blue cheese on top of the egg mixture.
10. Place in oven for 30 minutes, or until the internal temperature is 160 degrees Fahrenheit.
  - a. If you don't have a thermometer, stick a butter-knife in the egg bake and see if it comes out clean when you remove it.
11. Remove from oven and sprinkle a pinch of pepper over the top.  
Add more to taste.
12. Let sit for ~15 minutes before serving.

Enjoy with a piece of fruit and some homemade bread!

# #EGGcellent