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