



## *Crustless Spinach Quiche*

- 1-2 T. olive oil
- 1 shallot, chopped
- 1 onion, chopped
- 1 (10-14 oz) package frozen spinach, thawed
- 5 eggs
- 3/4 lb. Muenster cheese, grated
- salt & pepper to taste

Preheat oven to 350°F. Lightly spray a 9" pie pan with cooking spray.

1. Saute shallot and onion in olive oil over medium heat, until soft. (about 6-7 minutes)
2. Squeeze liquid out of spinach, until as dry as possible. Add spinach to onion and cook until all water is evaporated. Set aside to cool.
3. Beat eggs in a bowl and add cheese. Stir in onion-spinach mixture. Season with salt and pepper. Pour into pie plate. Bake 25-30 minutes, until lightly browned.