Crustless Quiche with Red Pepper and Spinach

Ingredients
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 red bell peppers, cut into thin strips
- 1 bunch of spinach, chopped
- 6 eggs
- 2/3 cup 1% milk
- 1 cup reduced fat cheddar cheese, shredded
- 1 teaspoon salt
- 1 teaspoon pepper

Preparation
1. Preheat oven to 350 degrees Fahrenheit
2. Heat olive oil in a large skillet over medium heat. Add onions and cook for about 5 minutes until tender. Add 1/2 tsp salt and pepper each, minced garlic and sliced peppers.
3. Turn up heat to medium high and add spinach a handful at a time. Stir until wilted. Remove from heat and set aside.
4. Beat eggs in a small bowl. Add half tsp each of salt and pepper and pour in milk. Stir until mixed
5. Spread pepper and spinach filling onto the bottom of a greased 9-inch pie dish. Sprinkle cheese on top of filling. Very slowly pour egg mixture over the filling.
6. Place quiche on baking sheet and bake for 30-35 minutes, until set and just beginning to brown on the top.
7. Remove from oven and let sit for at least ten minutes before serving. Store in the fridge

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 218
Fat (g): 15
Carbohydrate (g): 8
Protein (g): 12

TIPS & HINTS
- Serve with a simple salad!
- Can be enjoyed for any meal of the day or even a snack!
- This recipe can be made with any vegetables if you don’t like pepper and spinach