

Spinach Quiche

- 1 pkg Frozen chopped spinach (10 oz.)
- 1/4 Cup Chopped onion
- 1 Segment garlic
- 1/2 Cup Mayonnaise
- 1/3 Cup Milk
- 1/4 Tsp. Salt (Optional: celery salt)
- 1 Dash Fresh ground black pepper

- ☐ Preheat Oven to 400 F (200 C). Line a cookie sheet with foil.
- ☐ Drain spinach. Ensure all water is removed.
- ☐ Sauté spinach, onions and garlic.
- ☐ In large bowl, whisk together mayonnaise and milk until smooth.
- ☐ Add salt and pepper to milk mixture.

- 5 Eggs
- 6 oz. Shredded Cheddar Cheese
- 2 oz. Feta - Crumbled
- 1 9-inch pie shell, uncooked.

- ☐ Lightly beat eggs.
- ☐ Wisk eggs into milk and mayonnaise mixture.
- ☐ Layer spinach and onion mixture into pie shell.
- ☐ Pour in egg mixture.
- ☐ Place quiche on prepared cookie sheet and cover lightly with foil.
- ☐ Bake in preheated oven for 45 minutes. Remove cover and bake additional 10 - 15 minutes until top is golden brown and filling is set.

Yield: Makes 4 servings.

Comments: 1) It is important that all water is removed from spinach or it will come out during cooking.