

## Quiche:



Although this is technically a breakfast food, we make it for dinner.

### Ingredients:

1 deep dish pie crust (frozen food section of store)  
1/3c light mayo  
1/2c milk  
4-5 eggs, depending on your extras:  
1 Onion  
2-3 Garlic cloves, minced  
½ -1 Bell pepper, chopped  
Oil for sauteing  
Spinach, chopped, as much as you want (fresh or frozen, it doesn't matter)  
Shredded cheese, as much as you want

### Directions:

1. Whisk together the mayo and milk in a medium-sized mixing bowl. Add the eggs and whisk those too. Set aside.
2. Saute the onion, garlic and chopped peppers until lightly browned. Add the spinach and cook it for another minute or so.
3. Add the veggies to the egg mixture and stir.
4. Add shredded cheese if desired.
5. Pour all into pie crust and cover with foil; it doesn't have to be

tight, it just needs to be covered to prevent the crust edges from burning. (I literally just lay a piece on top.)

6. Bake at 400\* for 45 mins, remove the foil and bake for 15 more minutes or until the middle is set.

### Tips:

- You can make the egg mixture in the morning and keep it covered in the fridge until you're ready to bake it. Same with the veggies. Then just mix them together and pour it all into the pie pan when you get home and bake it.
- I put the pie pan on a cookie sheet to make it easier to get in and out of the oven.
- You can use whatever veggies you'd like (broccoli, zucchini, mushrooms, etc etc,) and however much of them that you want, or omit them altogether.
- You can also add an extra protein if you want, like ham or sausage.

Enjoy!