

Crustless Quiche

A crustless quiche is similar to a frittata in every way except how it's cooked. A frittata is partially cooked in a skillet on the stove top before being finished off under high heat in the oven to set and a quiche is cooked almost entirely in the oven. The added beauty is that you can use whatever meat, vegetables and cheese that you want...heck you can even leave the meat out if that's the way you wanna go!

Ingredients:

7 eggs

½ c. milk

1 and ½ c. shredded cheese (I usually use some variation of cheddar, Monterey Jack and Mozza)

1 c. smoked ham, diced

1 c. mushrooms, sliced

1 onion, diced

½ green pepper, diced

1 and ½ c. fresh spinach, chopped

Heat a large non-stick skillet over medium high heat. Add about a Tablespoon of olive oil and then add ham. Saute ham for 2-3 minutes before adding in onion, mushrooms and green pepper. When onions translucent and mushrooms are slightly browned, about 3-5 minutes, reduce heat to medium low and add in chopped fresh spinach. Let spinach wilt a little and then remove from heat.

In a large bowl, whisk together eggs with milk. Add ham and vegetables – stir to combine. Add cheese and mix to incorporate.

Pour ingredients into a greased 8 inch pie plate. Bake in preheated 350 degree Fahrenheit oven for 50 minutes. Check for doneness by inserting a knife into the center. If no uncooked egg seeps through and quiche seems set, remove from oven and let cool for 5-10 minutes before slicing. Serve.