

## Crusted Quiche

1 prepared 9" deep dish pie crust  
1 large or 2 medium white onions, finely chopped  
1 (10 oz) box frozen spinach, defrosted for about 5 minutes in the microwave  
1 (8 oz) package white button mushrooms, chopped  
4 large eggs, cracked into a bowl and whisked  
3/4 cup skim or soy milk  
4 oz reduced fat cheddar cheese (half block), shredded by hand

Preheat oven to 350

Defrost crust for about 15 minutes

Sautee veggies (we did spinach and mushrooms/mushrooms and onions) in extra virgin olive oil with some kosher/sea salt for about 5-10 minutes so the veggies are soft.

Add all ingredients into a bowl and stir well.

Pour into crust and spread evenly

Bake for 35-40 minutes on bottom shelf until eggs are set and the top is slightly brown