

# Crustless Quiche

## Ingredients

- 8 pasture raised eggs (or any eggs you may have)
- 1/2 cup milk (2%)
- 1 1/2 cups mixed greens or spinach, chopped (or any other produce you have!)
- 8 oz mushrooms, sliced
- 6 oz turkey slices, chopped
- 1/4 cup cheddar cheese, shredded
- pepper and seasoning to taste
- cooking spray



## Directions

1. preheat the oven to 400 degrees F
2. Spray casserole dish with cooking spray
3. Chop mixed greens
4. In a large mixing bowl, whisk eggs, milk, mushrooms, turkey, greens, pepper, and seasoning
5. Pour egg mixture into casserole dish and garnish with cheddar cheese
6. Carefully place casserole dish into the oven and bake for 30-40 minutes or until fully cooked (baking time may vary)
7. Cool for at least 30 minutes and enjoy!

Recipe by: [Samina Qureshi, RDN LD](#)

## Nutrition Facts

servings: 6

**Calories** 165

**Total Fat** 7.9g

Saturated Fat 3.1g

Trans Fat 0g

**Cholesterol** 240mg

**Sodium** 666mg

**Potassium** 216mg

**Total Carb** 5.6g

Dietary Fiber 0.7g

Sugars 2g

**Protein** 17.7g