

Spinach, Mushroom & Feta Quiche

Makes: 6 Servings

Ingredients

8 oz Fresh Mushrooms
½ tsp minced garlic
10oz Frozen Spinach or drained cooked spinach
4 large eggs
1 cup low fat milk
2 oz Feta cheese
¼ cup grated parmesan
Salt & Pepper to taste
Oil for frying



Instructions

1. Preheat oven to 180C / 350F. Defrost frozen spinach in microwave or if using fresh spinach just boil or steam until wilted. Empty the spinach into a colander and let drain while you begin to prepare the rest.
2. Quickly rinse the mushrooms and slice them thinly. Place the sliced mushrooms in a frying pan, add the oil, minced garlic, and sprinkle a little salt & pepper. Turn the heat on to medium heat and sauté the mushrooms until they release all of the moisture and no more water remains on the bottom of the pan.
3. Grease a shallow dish or flan tin. Squeeze the rest of the water out of the spinach and spread it out on the bottom of the pie dish. Next add the cooked mushrooms and crumbled feta.
4. In a medium bowl whisk together the eggs until fairly smooth. Add the milk, parmesan, and another small sprinkle of pepper. Whisk to combine (This can be completed while the mushrooms are cooking) Pour this mixture into the pie dish over the spinach, mushrooms and feta.
5. Place the pie dish on a baking tray for easy transfer into the oven. Cook in preheated oven and bake until it is golden brown on top and center is solid. Every oven is different but this should take between 45 minutes and an hour. Slice and serve.

Nutrition information: Per slice: Kcal 225 | Fat 12g | Net Carbs 7.4g | Protein 19g

SPINACH - Nutritional highlights

Spinach is available all year round but is in season during the spring (March - June). It is well known for its nutritional qualities and has always been regarded as a plant with remarkable abilities to restore energy, increase vitality and improve the quality of the blood. There are sound reasons why spinach would produce such results, primarily the fact that it is rich in iron. Iron plays a central role in the function of red blood cells which help in transporting oxygen around the body, in energy production and DNA synthesis. Spinach is also an excellent source of vitamin K, vitamin A, vitamin C and folic acid as well as being a good source of manganese, magnesium, iron and vitamin B2. Vitamin K is important for maintaining bone health and it is difficult to find vegetables richer in vitamin K than spinach. Others include [kale](#), [broccoli](#) and green cabbage.



Source: <http://www.bbcgoodfood.com/howto/guide/ingredient-focus-spinach>