Crust-less Quiche

Ingredients
8 oz    Mushrooms
1 clove Garlic, minced
10 oz   Box of frozen spinach, thawed
4 large Eggs
1 cup   Milk
2 oz    Feta or cheddar
¼ cup   Grated parmesan
½ cup   Shredded mozzarella
Salt and Pepper to taste

1. Preheat the oven to 350°F. Squeeze the excess moisture from the thawed spinach. Rinse any dirt or debris from the mushrooms, then slice thinly. Mince the garlic.
2. Add the mushrooms, garlic, and a pinch of salt and pepper to a non-stick skillet with a splash of cooking oil. Sauté the mushrooms and garlic until the mushrooms are soft and all of their moisture has evaporated away (5-7 minutes).
3. Coat a 9-inch pie dish with non-stick spray. Place the squeeze-dried spinach in the bottom of the pie dish. Place the sautéed mushrooms on top of the spinach, followed by the crumbled feta.
4. In a medium bowl, whisk together the eggs, milk, and parmesan. Season lightly with pepper. Pour the egg mixture over the vegetables and feta in the pie dish. Top with the shredded mozzarella.
5. Place the pie dish on a baking sheet for easy transfer in and out of the oven. Bake the crust-less quiche for 45-55 minutes, or until the top is golden brown (ovens may vary). Cut into six slices and serve.