



## Crustless Quiche

2 tablespoons olive oil  
1/2 small onion, diced  
2 cups mushrooms, sliced  
2 cloves garlic, minced  
1/2 red pepper, diced  
2 cups fresh spinach, chopped  
4 large eggs  
1 cup fat-free half & half  
1/2 teaspoon nutmeg  
Salt (to taste)  
Fresh ground pepper (to taste)

Preheat oven to 375 degrees F. Grease a 9-inch pie dish with cooking spray and set aside.

Cook onions in olive oil over medium heat until slightly translucent, about 2-3 minutes. Stir in mushrooms, season with salt and pepper, and cook until their liquid has fully evaporated, 8-10 minutes, stirring occasionally. Add garlic and red pepper, and cook for 3 more minutes. Stir in spinach and continue to cook for 2 minutes. Remove pan from heat and set aside.

In a medium bowl, whisk eggs until light and fluffy. Whisk in the half and half, nutmeg, salt, and pepper. Add the cooked vegetables to the pie dish. Top with egg mixture.

Bake 30-35 minutes, until edges are light golden brown. Makes 6 servings.

Nutrition per serving: 193 calories, 10 grams protein, 12 grams fat, 10 grams carbohydrate, 146 mg sodium.

 **BARIX CLINICS™**  
*America's Leader in Bariatric Surgery*

[www.barixclinics.com](http://www.barixclinics.com) | [www.barixclinicsstore.com](http://www.barixclinicsstore.com) | 800-282-0066