

Crustless Ham and Cheese Quiche

A hearty breakfast – that makes great leftovers!

Ingredients

8 ounces ham, cubed
2 cups fresh mushrooms, sliced
10-12 green or black olives, sliced
6 eggs
1 ½ cup shredded cheese (I use a Mexican blend)
¼ tsp red pepper flakes
Salt & Pepper



Directions

1. Preheat oven to 350 degrees. Spray large quiche dish with cooking spray.
2. Dice ham and slice mushrooms & olives.
3. Combine everything but ½ cup shredded cheese in a large bowl. Stir to . Add spinach mixture and stir to blend.
4. Pour into prepared dish and sprinkle with remaining cheese.
5. Bake in preheated oven until eggs have set, about 30-40 minutes. Let cool for 5 minutes before serving.

Note: I often add spinach or sweet peppers to this – it won't change the nutritional values much and it adds color & flavor!

Makes 6 servings

Nutrition Facts:

Calories	245
Total Fat	17g
Total Carbohydrates	3g
Dietary Fiber	.7g
Protein	20g