

**SPINACH BAKE (Crustless Quiche)**  
Vegetarian, dairy (See dietary notes below!)  
Serves 4-6

**INGREDIENTS:**

**Step 1:**

1/3 cup Grated Onion  
1/2 cup Mayonnaise  
1/2 cup Milk  
2 Eggs  
3 Tbsp Flour

**Step 2:**

8 oz Extra Sharp Cheddar Cheese\*  
10 oz Fresh Spinach\*\*  
1 tsp Mild Chilli Powder  
1/2 tsp Ground Cumin  
1 tsp Nutmeg  
1 tsp Cardamom

**PROCEDURES:**

**Step 1:**

- Preheat oven to 350 degrees.
- In a large mixing bowl, combine onion, mayonnaise, milk, eggs, and flour and mix thoroughly. Do not whip!

**Step 2:**

- Grate cheese and stir into other ingredients.
- Rinse spinach and chop finely in food processor.
- Stir spinach into other ingredients.
- Add spices and mix well.
- Bake in a greased pie plate for 30 minutes in pre-heated oven or until light brown.

\*Substitute sharp for extra sharp, if preferred.

\*\*I have also used this recipe to make crustless Broccoli and Asparagus Bakes. I usually adjust the spices to be most appropriate for the vegetable.

**Dietary Notes:**

1. You can reduce the fat and calories without compromising the quality and taste of this dish! Use low-fat cheese, low-fat or skim milk, light mayonnaise, and "egg beaters®".
2. For Passover, substitute matzoh meal or potato starch for flour, use K-l'P mayo and cheese, and omit the cumin.
3. For wheat allergies, substitute potato starch.