

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-I'P mayo and cheese, and omit the cumin.
3. For wheat allergies, substitute potato starch.