

## Crustless Asparagus Spinach Quiche

This creamy quiche offers a good variety of vegetables and is equally at home with a soup or salad. Offer a wine made from muscat grapes such as an Austrian Muskateller, just like the sailors aboard Noah's Ark supposedly enjoyed - along with their goat cheese.



### Ingredient list for 4 servings

1 bunch of asparagus  
2 cups frozen spinach  
½ cup mushrooms - chopped  
1 clove of garlic - minced  
1 tablespoon butter  
4 eggs  
1 cup milk  
¼ cup parmesan cheese  
2 ounces goat cheese - crumbled  
½ cup mozzarella - shredded  
3 green onions  
salt & pepper



- Preheat oven to 350F.
- Snap woody stems off asparagus, discard. Cut 4 inches from the top of each spear and reserve them for the topping. Chop the remaining center parts of the stems for the filling. Set aside.
- In a colander, rinse and thaw the spinach. Press out excess water with your hands.
- In a pan over medium/low heat, sauté asparagus stems, mushrooms and garlic in butter until asparagus is tender, about 5 minutes. Add the spinach and sauté 3 more minutes.
- In a large bowl, whisk the eggs, add milk and parmesan. Season with salt & pepper. Grease a 9-inch pie plate with vegetable oil or butter and cover with asparagus, mushroom and spinach mixture. Cover with goat cheese, then add the egg mixture. Top with mozzarella to cover the eggs. Sprinkle on the green onions and arrange asparagus spears in a wagon wheel pattern.
- Bake uncovered for 45 minutes at 350F. Bake for 5-10 more minutes covered with aluminum foil. Once quiche is set, take it out of the oven and let it sit for 5-10 more minutes before cutting it into slices.

Notes: Frozen spinach can be found either in bags with pre-wilted leaves or in boxes as creamed spinach. Either one will work.

Reheat in the oven covered in foil at 400F for 35 minutes.