

Spinach Mushroom Quiche

HolisticQ Signature Recipe

Any day is a great day to make Quiche! Our unique ingredient this week is nutritional yeast. [Nutritional yeast](#) has a unique savory flavor that resembles cheese, making it a great alternative. It is a complete protein and contains many B vitamins and trace minerals.

Ingredients:

- 6 eggs, beaten
- 2 tablespoons coconut flour (any flour will do)
- 1/4 cup nutritional yeast
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon nutmeg
- 3 cups half and half
- 2 cups chopped fresh spinach
- 2 cups chopped or sliced mushrooms
- 1 medium onion chopped

Make the Quiche!

Preheat oven to 375° and generously grease a medium casserole dish.

Whisk (or use a blender) together the eggs, flour, nutritional yeast, salt, pepper, nutmeg, and half and half. Place chopped spinach, mushrooms, and chopped onion in bottom of casserole dish. Slowly pour egg mixture over vegetables. Place on center rack in oven and bake for 60 minutes... or until knife inserted in center comes out clean. Remove from oven and serve hot or cooled.