
Hamburger Spinach Quiche

Serving Size: 3 servings of protein and 1 cup of vegetables

Ingredients:

- 1 pound very lean hamburger
- 1 bunch chopped green onion
- 1 cup chopped mushrooms
- 10 oz frozen spinach, thawed
- 4 eggs, 2 egg whites
- Salt and pepper to taste

Directions:

1. Brown hamburger meat in a large skillet.
2. Add onion and mushrooms and cook until vegetables are tender.
3. Add the spinach and cook over low until spinach is heated.
4. Beat eggs and egg whites together until fluffy. Add salt and pepper or any other desired seasonings.
5. Spoon meat and vegetable mixture into large pie plate that has been sprayed with olive oil. Pour eggs over top.
6. Bake for 25 minutes, or until eggs are set, at 350 degrees.