

Arrowhead Spinach Crustless Quiche with Grape Tomato Fresh Herb Salsa



Ingredients:

Crustless Quiche

- 6 eggs
- 3 cups chopped fresh spinach
- 1/2 cup whole milk
- 1 small sweet onion, chopped or grated
- 3/4 cup buffalo mozzarella cheese, small dice
- 3/4 cup shredded sharp cheddar cheese
- 1/2 tsp freshly cracked black pepper
- 1-2 pinch ground nutmeg
- 1/8 tsp paprika

Grape Tomato Fresh Herb Salsa

- 1 cup tomato, diced
- 1 clove garlic, minced
- 1-2 tbsp extra virgin olive oil
- 1-2 tbsp red wine vinegar
- 1 tbsp chopped parsley
- salt and pepper to taste

Method: **For The Quiche:** Preheat oven to 375. Combine eggs, milk and onion in a bowl. Add the chopped spinach, cheeses, pepper, nutmeg and paprika. Butter a quiche dish and pour mixture into dish. Bake for 35-45 minutes. To serve, top with a little sea salt and tomato-herb salsa below.

Method: **For The Grape Tomato Salsa:** combine all ingredients together and let sit room temperature for 5-10 minutes to infuse flavors.