

## Crustless Quiche

Recipe courtesy of Jim Fox, San Carlos, CA

- ½ lb sliced mushrooms
- 8 oz baby spinach, roughly chopped
- 4 eggs
- 1 cup sour cream
- 1 cup cottage cheese
- 1 tsp garlic powder
- 4 Tb flour
- 1 tsp hot sauce or to taste
- ½ tsp salt
- ½ lb diced cooked ham
- 2 cups shredded cheese (Cheddar, Jack, etc)

One hour before you want to eat – preheat the oven to 350. Sauté the mushrooms in butter or olive oil until soft. Add the spinach and toss until wilted. Pour off any liquid in the pan, then scrape mushrooms and spinach into a large mixing bowl. In a food processor, combine eggs, sour cream, cottage cheese, garlic powder, flour, hot sauce, and salt. Process until thoroughly combined. Pour into the bowl with the mushrooms. Add the ham and shredded cheese to the bowl and combine.

50 minutes before you want to eat – Spray a 10" pie dish with Pam. Pour mixture from the bowl into the pie dish. Add to the oven and cook for 55 minutes or so, until mostly set and slightly brown on top. Allow to rest for five minutes, then serve.