

## Crustless Quiche

10 inch deep dish Pyrex Pie Plate:

1 c finely chopped, cooked bacon in bite sized pieced.

1 ½ c grated swiss cheese

3 c pre-cooked, finely chopped spinach

4-5 eggs

2 ½ c milk

¾ c low fat Bisquick

¼ tsp Black Pepper

¼ tsp Nutmeg

¼ tsp Paprika

Instructions:

Lightly grease pie plate.

Mix eggs, milk, Bisquick and spices (I usually do this in the blender.) Add bacon, spinach and cheese. If desired, add vegetable decoration and sprinkle cheese on top. Bake at 400 F for 45 minutes.

## Other Possible combos

Ham, asparagus, and cheddar

Ham, spinach, and Swiss

Chicken, mushroom, and tomato

Sausage, onion, pepper, and tomatoes

Feta and spinach

Crab, spinach, and Swiss

Tomato, basil, and zucchini

Sausage, spinach, and apple

Bacon “crumbs” and Dried onion are good additions to most combos.