

Crustless Quiche

1 tablespoon coconut oil or butter

1 onion, chopped

1-2 cups vegetables (spinach, carrots, broccoli, cauliflower, cabbage, mushrooms, etc)

5 eggs, beaten

3 cups shredded raw cow's milk or goat cheese (choose your favorite variety)

1/4 teaspoon salt

1/8 teaspoon ground black pepper

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in vegetable of choice and continue cooking until tender or excess moisture has evaporated in the case of frozen spinach. In a large bowl, combine eggs, cheese, salt and pepper. Add vegetable mixture and stir to blend. Scoop into prepared pie pan. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving. I also chop up nitrite free ham or fry and chop of some nitrite free bacon and throw it into the mixture to be baked in the oven. This adds a lot of flavor!