



Quick 'n Easy Quiche

(Note: You can lighten up this dish by using whole milk instead of cream or Half-and-Half.)

Ingredients

- 4 eggs
- 1 cup half-and-half
- 1/2 cup mayonnaise
- 2 tablespoons flour
- 1/3 cup minced onions
- Salt and garlic powder
- 8 ounces shredded Swiss or sharp cheddar cheese
- 1 package frozen chopped spinach
- 1 (9-inch) unbaked pie shell

Directions

Preheat the oven to 350 degrees F. Hand whip eggs, half-and-half, mayonnaise, and flour in a medium mixing bowl. Add remaining ingredients. Pour into an unbaked 9-inch, deep pie crust. Bake for 45 minutes to 1 hour or until the top is golden brown.