



# Egg & Spinach Quiche Casserole

*Earned 5-star ratings!*

Serves 6



## Ingredients

- 7 Eggs (Preferably from “free range” chickens)
- 1 cup Milk
- 5oz. Swiss cheese
- 5oz. shredded Cheddar cheese
- 16 oz. bag of chipped frozen spinach
- 6 ounces of “Gimme Lean” imitation sausage.  
*(As a 2nd choice you can use turkey breakfast sausage, but Gimme Lean works the best.)*
- 1 cup chopped broccoli or sliced mushrooms
- Pepper, basil, onion powder, and garlic powder to personal preference taste.



## Directions

1. Defrost and drain spinach well and sauté in a pan to evaporate all the liquid, add a little salt to taste.
2. In a bowl mix eggs, milk and cheese along with spices.
3. Spray a 9 x 13 rectangle pan well with no-stick-spray.
4. Layer in bottom, spinach and chopped broccoli or mushrooms.
5. Pour on the egg and cheese mixture and spread around pan.
6. Take small chunks of raw “Gimme lean” vegetarian sausage and drop on top, pressing it into the egg mixture but still keeping it on top. *(If you are using turkey breakfast sausage then you will need to fry it up first.)*
7. Bake for 35 minutes at 375, or until knife inserted in center comes out clean.

<b>Nutrition Facts</b>	
Serving Size 235 g	
Amount Per Serving	
Calories 245	Calories from Fat 88
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 263mg	88%
Sodium 370mg	15%
Total Carbohydrate 11g	3%
Dietary Fiber 5g	10%
Sugars 4g	
Protein 27g	

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