



# Spinach and Mushroom Quiche

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 8 oz fresh wild mushrooms (such as cremini, shiitake, button, or oyster), sliced
- 1½ cups thinly sliced sweet onion
- 1 tablespoon thinly sliced garlic
- 5 oz fresh baby spinach (about 8 cups), coarsely chopped
- 6 large eggs
- ¼ cup whole milk
- ¼ cup half-and-half
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ cups shredded Gruyère cheese
- Cooking spray

## Instructions

### 1. Prep the oven and dish:

Preheat your oven to 375°F (190°C). Lightly coat a 9-inch pie pan with cooking spray and set aside.

### 2. Cook the veggies:

In a large nonstick skillet, heat olive oil over medium-high. Add the mushrooms and cook, stirring occasionally, until they're browned and tender—about 8 minutes. Add onion and garlic, cooking until softened, around 5 more minutes. Toss in the chopped spinach and stir constantly until just wilted, 1–2 minutes. Remove from heat.

### 3. Mix the filling:

In a medium bowl, whisk together eggs, milk, half-and-half, Dijon mustard, thyme, salt, and pepper. Stir in the cooked vegetable mixture and shredded Gruyère cheese.

### 4. Bake the quiche:

Pour the mixture into the prepared pie pan. Bake until set and golden brown on top, about 30 minutes. Let rest for 10 minutes before slicing.

### 5. Garnish and serve:

Sprinkle with additional fresh thyme if desired, and enjoy warm or at room temperature.

