



# Spinach with Muenster cheese

## Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 5 large eggs, beaten
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 3 cups shredded Muenster cheese

## Instructions

### 1. Preheat and prep:

Preheat your oven to 350°F (175°C). Lightly grease a 9-inch pie pan and set aside.

### 2. Sauté the veggies:

In a large skillet over medium-high heat, heat the oil. Add chopped onion and cook, stirring occasionally, until soft—about 3 minutes. Stir in the thawed spinach and cook until any remaining moisture evaporates.

### 3. Mix the filling:

In a large mixing bowl, whisk together the eggs, salt, and pepper. Fold in the shredded Muenster cheese and spinach-onion mixture until well combined.

### 4. Bake the quiche:

Pour the mixture into the prepared pie pan and smooth the top. Bake for about 30 minutes, or until the eggs are set in the center.

### 5. Cool and serve:

Let the quiche cool for 10 minutes before slicing. Serve warm and enjoy!