

# Spinach and Mushroom Quiche

**1 tablespoon** olive oil  
**4 cups** chopped spinach  
**2 cups** chopped mushrooms  
**1/2** medium yellow onion, chopped  
**1 teaspoon** crushed red pepper flakes  
**1/2 teaspoon** garlic powder

**8** large eggs  
**1 cup** shredded Colby-Jack cheese  
**1 cup** skim milk  
**4 tablespoons** melted butter  
**2** (9-inch) unbaked pie shells  
**4 tablespoons** grated parmesan cheese

**Preheat** oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.

**Yield:** 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.

**Nutritional Analysis:** 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.

Plate it up!



# Kentucky Spinach

**SEASON:** May through June and September through November

**NUTRITION FACTS:** One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

**SELECTION:** Look for bright green leaves that are fresh, young, moist, and tender. Avoid coarse stems, injured, torn, dried, limp, or yellowed leaves.

**STORAGE:** Store in the coldest part of the refrigerator for no more than two to three days.

**PREPARATION:** Wash in lukewarm water in a large bowl. Remove any roots, rough ribs, and the center stalk if it is large or fibrous.

## **PRESERVING:**

### ***Freezing:***

Wash leaves and remove large stems. Blanch for 2 minutes, cool, drain, and package, leaving ½-inch headspace. Seal, label, and store up to one year in the freezer.

## **KENTUCKY SPINACH**

### **Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [FruitsAndVeggies.org](http://FruitsAndVeggies.org)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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