

Cheesy Mushroom Crustless Quiche

2/3 c. mushrooms (sliced)
1 c. cheddar cheese (grated)
3 eggs
1/4 c. whole wheat flour



2 green onions (chopped)
1/3 c. parmesan cheese
1 1/2 c. milk
Salt and pepper to taste

Note: cheese, onion and mushrooms can be substituted with other veggies and desired toppings one might find in a regular quiche.

Combine mushrooms and onions in greased, shallow baking dish or pie plate. Sprinkle with cheeses. Whisk together eggs, milk, flour, salt and pepper in separate bowl. Pour this mixture over the veggies and cheese in the pie plate and bake, uncovered at 350°F for 30 minutes.