

# Michikusa's Spinach Quiche

Michikusa's spinach quiche is super healthy, and it's great for parties and potlucks! It's easier to make than it looks, and you can swap out the bacon, shimeji, and spices for your own favorite quiche fillings. Just be sure to cook them before adding them to the egg mixture in Step 4. Enjoy!

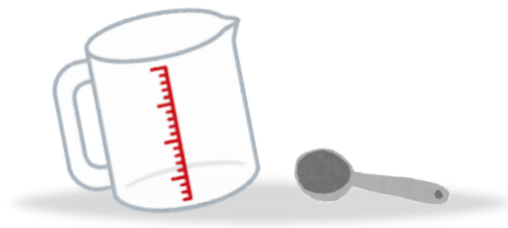
P.S. If you don't have an oven, or just want to cut down on cooking time, skip the pie crust and try making it as an omelette instead ♪



## Ingredients

- 1 frozen pie sheet
- 1 bushel of spinach
- 3 slices of bacon, chopped
- 3 eggs
- 1/2 bag shimeji mushrooms
- 100 cc (1/2 cup) of cream\*
- 30 g (2 tablespoons) butter
- Salt
- Pepper
- Consommé powder
- (Optional) cheese

1. Thaw the pie sheet and stretch it to line a pie tin, then put the tin in the freezer to chill until Step 4.
2. Boil the spinach, then cut it into 2 to 3 cm (1 inch) size pieces.
3. In a frypan, melt the butter, then cook the bacon, mushrooms, and spinach. Season with salt, pepper, and consommé powder to taste.
4. Mix the eggs and cream in a bowl, then add the mixture from Step 3. Mix, then pour into the pie tin.
5. (Optional) Sprinkle cheese over the top.
6. Bake the quiche for around 30 minutes in a 180°C (360°F) oven.



*Cup measure sizes in Japan are different than in the West. If you're making this outside of Japan, you'll want to use a little less than half a cup.*

Recipe by the Association of Women Farmers in Hino (Michikusa)