



Ingredients

- 1 cup (250 mL) grated Swiss cheese or Emmenthal cheese
- 1 prepared piecrust
- 6 eggs
- 2 garlic cloves, pressed
- 1 cup (250 mL) finely crumbled feta cheese
- ½ cup (125 mL) finely minced onion
- ½ cup (125 mL) finely chopped mushrooms
- ⅓ cup (80 mL) finely minced parsley
- ¼ cup (60 mL) chopped fresh basil
- ½ tsp (2 mL) dry mustard powder
- ½ cup (125 mL) milk (almond, coconut or rice milk can be substituted)
- 3 tbsp (45 mL) extra virgin olive oil or avocado oil
- ¾ cup (180 mL) sour cream or plain yogurt
- 1 large bag fresh spinach, washed, dried, and chopped

Instructions

1. Preheat oven to 400°F (200°C). Spread grated cheese over the bottom of the prepared piecrust.
2. In a bowl beat eggs and add garlic, feta, onion, mushrooms, parsley, basil, dry mustard powder, milk, oil, and sour cream together.
3. Mix in spinach. Pour spinach, egg, and cheese mixture into piecrust.
4. Bake for 10 minutes at 400°F (200°C), then reduce heat to 325°F (165°C) and bake until knife comes out of the center clean, approximately 30 minutes.
5. Let cool for 10 minutes before slicing.

Makes 4 servings.