

## Quick Breakfast Quiche

¼ cup diced onion

1 pint mushrooms, coarsely chopped

1 cup frozen chopped spinach

4 eggs

4 slices whole grain bread

4 Tbsp grated cheddar cheese

4 Tbsp salsa

*Heat pan over medium heat, add onion, mushroom and spinach. Sauté until soft and fragrant. Meanwhile, in 4 glass 2-cup Pyrex bowls, tear up 1 piece of bread in each. Add egg to each cup and beat until mixed well. Layer each with vegetable mixture and 1 Tbsp each cheese and salsa. Store in refrigerator and heat on high for 3-4 minutes in microwave. Top with 1/3 avocado.*

*\* Recommended for the Follicular Phase.*

