

BREAKFAST: CYNTHIA'S LONGHORN CRUSTLESS QUICHE

2 lbs. Longhorn meat

2 tsp. Basil

1 tsp. Thyme

Salt and pepper to taste

1 dozen eggs

28 to 32 oz frozen spinach, thawed

8 oz. fat free cheddar cheese

COOKING INSTRUCTIONS

Heat oven to 350 degrees. Spray your 9 x 13 casserole dish. Brown Longhorn meat over medium heat; add basil, thyme, salt and pepper. Place thawed spinach in a large bowl; add eggs, Longhorn meat and a hand full of cheese and stir together. Pour into casserole dish and sprinkle the remainder of the cheese on top. Tent with foil. Bake for 1 hour and 15 minutes. Let stand for 5 minutes; cut and serve. I cut into 15 servings and refrigerate the leftovers in a Tupperware container and eat everyday until gone and then make another one. Doug likes his with salsa!

