

QUICHE FOR ONE

Preparation: **2** mins. | Cooking: **3** mins. | Servings: **1**

INGREDIENTS

1 egg
1/2 cup chopped spinach
1/3 cup milk
1/3 cup shredded cheddar cheese
Chopped tomato (optional)
Salt and pepper to taste



INSTRUCTIONS

If using fresh spinach, place it in a mug with 2 Tbsp. of water. Cover with a paper towel, and microwave for 1 minute. Remove, and drain the water thoroughly. Crack the egg into the mug with the spinach, and add milk, cheese, tomato, salt and pepper. Mix until combined. Cover with a paper towel, and microwave on high for 3 minutes or until fully cooked. Enjoy!