



Tomato-Basil Quiche with Bacon and Spinach

Prep Time: 15 minutes Cook Time: 40-50 minutes Serves: 4

Ingredients

- 8 slices bacon
- 8 eggs
- 2 cloves garlic (minced or grated)
- 2 tablespoons fresh chives (chopped)
- 1/4 cup fresh basil leaves (chopped)
- 1/2 teaspoon sea salt
- 1 teaspoon black pepper
- 2 cups spinach (chopped)
- 1-2 tablespoons bacon fat (reserved from cooking bacon)

Instructions

- 1 Preheat the oven to 375 degrees.
- 2 Slice bacon crosswise into 1/4 inch strips.
- 3 Cook bacon in a skillet over medium heat until fat is rendered and meat is cooked, 8-10 minutes.
- 4 Remove bacon from pan and drain on paper towels, reserve the fat.
- 5 In a large mixing bowl, whisk the eggs, garlic, chives, basil, salt and pepper until well combined.
- 6 Stir in the spinach.
- 7 Grease a 9x11 baking dish with the reserved bacon fat.
- 8 Pour egg mixture into the pan.
- 9 Top with bacon pieces and tomato halves (or tomato slices)
- 10 Bake for 30-35 minutes or until the quiche puffs up and becomes golden brown on the edges. Enjoy!

<http://www.furtherfood.com/recipe/tomato-basil-quiche-with-bacon-and-spinach-recipe-ms-diet/>