QUINOA, SPINACH & EGG BREAKFAST BAKE

INGREDIENTS

	Non-Stick Cooking Spray
1 C	Quinoa (uncooked) (soaked & rinsed)
8	Eggs
1 1/4 c	Milk
1 T	Garlic (chopped)
1 t	Thyme
1/2 t	Salt
1/2 t	Pepper
2 C	Spinach (baby) (roughly chopped)
1 C	Cheese (cheddar **OR** parmesan cheese) (shredded)

DIRECTIONS

1 Pre-heat the oven to 350 F & spray a 9 X 11 inch square baking pan with non-stick cooking spray
2 Spray pan thoroughly with non-stick cooking spray
3 In a large bowl, whisk together eggs, milk, garlic, thyme, salt, pepper & quinoa
4 Stir in spinach, then pour mixture into prepared dish
5 Cover tightly with foil & bake until just set (approx. 45 minutes)
6 Jiggle the dish gently from side to side so that quinoa settles on the bottom in an even layer
7 Remove foil & sprinkle top evenly with cheese
8 Bake for 1 hour at 350 F

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