

# Spinach + Cottage Cheese Quiche (Eclair)

4 eggs (reduce eggs if desired)

1/2 carton dry cottage cheese 1 clove garlic

3 tbsp cheddar cheese (opt)

3 green onions chopped (or regular)

1/2 tea. salt

1/4" pepper

1/2" dillweed or savory

1/2 pkg frozen spinach (thaw out). Squeeze water <sup>out</sup> of spinach.

Beat eggs lightly to that

add rest of ingredients:

Place in greased pan bake 375° 20 mins  
to 30 mins. Check in 20 mins to see if its  
firm.