

Chicken veggie quiche

2 cups cooked chicken diced

½ onion

1 pepper chopped

spinach

1 pk mushrooms sliced

1 zucchini chopped

1 dozen eggs

handful of fresh basil

Saute onion, pepper, mushrooms, zucchini, and spinach till veggies are tender. Beat the eggs till smooth and combined. Dump in 2 greased pie plates. Divide chopped chicken between the 2 plates. Divide the veggies between the plates. Salt and pepper to taste. Add the chopped basil and bake in 350° oven for 35 min. Let rest for 10 min till you cut.