

Tomato-Basil Quiche with Bacon and Spinach

INGREDIENTS:

- 8 slices bacon
- 8 eggs
- 2 cloves garlic, minced or grated
- 2 T chopped fresh chives
- ¼ cup chopped fresh basil leaves
- ½ tsp. sea salt
- 1 tsp. black pepper
- 2 cups chopped spinach
- 1 to 2 T bacon fat (reserved from cooking bacon)
- 12 cherry tomatoes, halved

PROCESS:

- Preheat the oven to 375° F.
- Slice the bacon crosswise into ¼ -inch strips. In a skillet over medium heat, cook the bacon until the fat is rendered and the meat is cooked, approximately 8 to 10 minutes. Remove the bacon from the pan and drain on paper towels, reserve the fat.
- In a large mixing bowl, whisk the eggs, garlic, chives, basil, salt, and pepper until well combined. Stir in the spinach.
- Grease a 9 by 11-inch baking dish with the reserved bacon fat, then pour the egg mixture into the pan. Top with the bacon pieces and cherry tomato halves.
- Bake for 30 to 35 minutes or until the quiche puffs up and becomes golden brown on the edges.

Prep time: 15 mins ~ Cook time: 40-50 mins ~ Servings: 4

ENJOY!

From: The 21-Day Sugar Detox by Diane Sanfilippo