



# Breakfast Quiche with spinach and chicken

NIBBLEDISH CONTRIBUTOR

## Ingredients

I get the recipes from [foodnetwork.com](http://foodnetwork.com)

- 2 rolls pillsbury garlic butter crescent dough
- 1 pack (8 oz) cream cheese
- 3 eggs
- 9 oz frozen spinach (defrost and squeeze out water)
- small red onion chopped
- 1/4 tsp salt
- 1/8 tsp white pepper
- mushroom optional
- red bell peppers (chopped) optional
- 1 cup shredded chicken
- 1 cup mozzarella cheese

u can substituted chicken with ham or other meat.

## Instructions

- Preheat oven 350F . spray muffin sheet with canola oil.
- Separate crescent dough into 8 triangles. Press each one into the muffin cup.
- In a large mixing bowl, beat cream cheese with the electric mixer, medium speed till smooth.
- Add egg 1 at a time till even.
- Fold in spinach, mushroom, chicken, bell pepper, onion and all spices.
- Stir well

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- Fill in muffin cup, do not over fill.
  - bake 20 minutes, insert a stick in the middle if come out clean and the edge is golden brown.
  - Remove from oven, cool down and serve warm.