

Vidalia Onion Mushroom Quiche

Printable Grocery List

- ☐ 3 large Vidalia onions, sliced thin
- ☐ 2 (4 oz) cans sliced mushrooms, drained
- ☐ I Can't Believe It's Not Butter spray
- ☐ Butter-flavored vegetable cooking spray
- ☐ 1 frozen pie shell
- ☐ 5 large eggs, beaten
- ☐ 3/4 cup fat free half and half
- ☐ 1 tsp salt
- ☐ 1 tsp pepper
- ☐ 1 tsp dried parsley
- ☐ 1 tsp garlic powder
- ☐ 1.25 cups fat free shredded cheddar or mozzarella cheese