

No-Crust Spinach Quiche - A Simple, Satisfying Egg Bake

1/2 cup grated Parmesan cheese



OVEN
350°F

TIME
5 min

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INGREDIENTS

? Pantry & Dairy:

1 tablespoon olive oil

4 large eggs

1 cup milk

1/2 cup heavy cream

1 cup shredded Swiss cheese

1/2 cup grated Parmesan cheese

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon ground nutmeg

? Vegetables:

1 small onion, finely chopped

3 cloves garlic, minced

5 cups fresh spinach, chopped

DIRECTIONS

- 1.** Preheat & Prepare: Preheat your oven to 350°F (175°C). Grease a 9-inch pie dish with nonstick spray or a little olive oil.
- 2.** SautØ the Aromatics: In a large skillet over medium heat, add the olive oil. SautØ the onion until soft, about 5 minutes. Add the garlic and cook for another 1-2 minutes, just until fragrant.
- 3.** Wilt the Spinach: Stir in the chopped spinach and cook until wilted, about 3-4 minutes. Remove from heat and let cool slightly.
- 4.** Mix the Custard: In a large mixing bowl, whisk together the eggs, milk, heavy cream, Swiss cheese, Parmesan, salt, pepper, and nutmeg.
- 5.** Combine and Pour: Stir the spinach mixture into the egg mixture. Pour everything into the greased pie dish and smooth out the top.
- 6.** Bake: Bake for 35-40 minutes, or until the quiche is set in the center and lightly golden on top.
- 7.** Cool and Serve: Let cool for 5-10 minutes before slicing. Serve warm or at room temperature.

TIPS FOR SUCCESS

Drain excess moisture from the spinach to avoid soggy quiche.

Use whole milk or cream for a richer custard.

Add diced cooked bacon or sautØed mushrooms.

Meal prep friendly - this quiche reheats like a dream.

