

Easy Crustless Tomato Basil Mozzarella Quiche (Low Carb & Gluten-Free)

The Best Crustless Tomato Basil Mozzarella Quiche



OVEN
375°F

TIME
4-5 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

Eggs: 6 large, farm-fresh eggs if possible.

Milk: 1 cup (I prefer whole milk, but you can use half & half for an even richer, decadent texture).

Mozzarella Cheese: 1 cup, shredded. Use low-moisture mozzarella for the best melt.

Parmesan Cheese: $\frac{1}{2}$ cup, grated. This adds a salty, nutty depth that balances the mild mozzarella.

Cherry Tomatoes: 1 cup, halved. These are sweeter and hold their shape better than large sliced tomatoes.

Fresh Basil: $\frac{1}{2}$ cup, chopped. Do not use dried basil here; the fresh herb is essential for that signature aroma.

Aromatics: 1 small onion (finely diced) and 2 cloves of garlic (minced).

Olive Oil: 1 tbs for sautéing.

Seasoning: Salt and black pepper to taste.

DIRECTIONS

- 1.** Prep the : Oven: Preheat your oven to 375°F (190°C). Generously grease a 9-inch pie dish or a similar-sized ceramic baking dish with butter or non-stick spray.
- 2.** Sauté the Aromatics: In a small skillet, heat the olive oil over medium heat. Sauté the diced onion and minced garlic until they are soft and translucent (about 4-5 minutes). This step is crucial because raw onions can release too much moisture inside the quiche.
- 3.** Whisk the : Base: In a large mixing bowl, whisk together the 6 eggs and 1 cup of milk until completely combined. Season with salt and pepper.
- 4.** Fold in the : Flavors: Stir in the shredded mozzarella, grated Parmesan, chopped fresh basil, and your sautéed onion/garlic mixture.
- 5.** Assemble: Pour the egg mixture into your prepared baking dish. Carefully scatter the halved cherry tomatoes across the top. I like to place them cut-side up for a beautiful visual presentation.
- 6.** Bake: Place in the center rack of the oven and bake for 30-35 minutes. You'll know it's done when the center is set (it shouldn't jiggle much when shaken) and the edges are a light golden brown.
- 7.** Rest and : Serve: Let the quiche cool for at least 5 minutes. This allows the custard to firm up so you get clean, beautiful slices.

SWAPS & NOTES

Dairy-Free: You can substitute the milk with an unsweetened

nut milk (like almond or cashew) and use a dairy-free mozzarella shred.

Vegetable Add-ins: If you want more greens, fold in a handful of baby spinach or sautéed mushrooms.

The "Wrap" Alternative: If you are in an extreme hurry and can't

wait for the oven, check out this 3-ingredient egg wrap for a similar high-protein fix on the go.

Step-by-Step Directions Prep the Oven: Preheat your oven to 375°F (190°C) .

TIPS FOR SUCCESS

Don't Overbake: Overbaked eggs become rubbery and weep water.

Keep an eye on it at the 30-minute mark.

Pat Your Tomatoes Dry: If your cherry tomatoes are particularly juicy, pat the cut sides with a paper towel before adding them to the quiche to prevent excess liquid.

Freshness Matters: Since this recipe has so few ingredients, the quality of the basil and the cheese really shines through.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-crustless-tomato-basil-mozzarella-quiche-low-carb-gluten-free/>