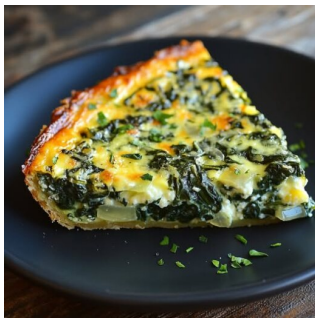


Easy Crustless Spinach Feta Quiche - Low Carb & Flavor Packed

Best Crustless Spinach, Onion, and Feta Quiche



OVEN
350°F

TIME
5 min

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INGREDIENTS

- 2 cups fresh spinach, chopped
- 1 small onion, diced
- 1 cup crumbled feta cheese
- 4 large eggs
- 1/2 cup milk (or heavy cream for extra richness)
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/4 teaspoon garlic powder
- 1/4 teaspoon nutmeg (optional but recommended)
- 1/2 cup shredded mozzarella cheese (optional)

DIRECTIONS

1. Preheat the oven to 350°F (175°C). Grease a 9-inch pie dish or quiche pan.
2. Sauté the vegetables: Heat olive oil in a skillet over medium heat. Add diced onion and cook until soft and translucent (about 5 minutes). Add chopped spinach and cook until wilted. Remove from heat.
3. Prepare the egg mixture: In a large bowl, whisk together eggs, milk (or cream), garlic powder, salt, pepper, and nutmeg.
4. Combine everything: Stir the sautéed spinach and onion mixture into the egg mixture. Fold in crumbled feta.
5. Assemble: Pour the mixture into the prepared dish. Sprinkle shredded mozzarella on top if using.
6. Bake: Bake for 30-35 minutes, or until the center is set and slightly golden.
7. Cool and serve: Let it rest for 5-10 minutes before slicing. Serve warm.

SWAPS & NOTES

One of the reasons I keep coming back to this quiche is how adaptable it is.

Spinach: Fresh spinach works best, but frozen spinach (thawed and well-drained) is a great substitute.

Feta Cheese: Feta adds a tangy, salty bite.

You could swap it for goat cheese or even sharp cheddar if you prefer a different flavor profile.

TIPS FOR SUCCESS

Raw onions release too much moisture and won't give you that sweet, mellow flavor.

Drain spinach well if using frozen to avoid a watery quiche.

The center should be set but slightly soft-it will continue cooking as it rests.

This helps it firm up and slice cleanly.

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

Original recipe: <https://chefmaniac.com/easy-crustless-spinach-feta-quiche-low-carb-flavor-packed/>