

## Crustless Tomato Basil Mozzarella Quiche (Light, Fluffy & Low-Carb)

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OVEN  
375°F

TIME  
45 min

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SAVE  
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### INGREDIENTS

6 large eggs  
1 cup milk or half and half  
1 cup shredded mozzarella cheese  
½ cup grated Parmesan cheese  
1 cup cherry tomatoes, halved  
½ cup fresh basil leaves, chopped  
1 small onion, finely diced (optional)  
2 cloves garlic, minced  
1 tablespoon olive oil  
Salt, to taste  
Black pepper, to taste

### DIRECTIONS

- 1. Preheat:** Preheat oven to 375°F (190°C). Grease a 9-inch pie or baking dish.
- 2. Sauté Aromatics:** Heat olive oil in a skillet over medium heat. Sauté onion (if using) and garlic until softened and fragrant.
- 3. Mix the Egg Base:** In a bowl, whisk together eggs, milk (or half and half), salt, and black pepper.
- 4. Add the Good Stuff:** Stir in mozzarella, Parmesan, chopped basil, and the sautéed onion and garlic mixture.
- 5. Assemble:** Pour the mixture into the prepared baking dish. Scatter halved cherry tomatoes evenly over the top.
- 6. Bake:** Bake for 30-35 minutes, until the center is set and the top is lightly golden.
- 7. Rest & Serve:** Let cool for about 5 minutes before slicing.
- 8. Serve** warm or at room temperature.

### SWAPS & NOTES

**Half and Half:** Half and half creates a richer texture.

**Mozzarella:** Fresh mozzarella can be used, but pat it dry first.

**Basil:** Fresh is essential for that bright flavor.

**Add-ins:** Spinach, mushrooms, or cooked bacon make great additions.

### TIPS FOR SUCCESS

Don't overbake - the center should be just set.

Let it rest briefly before slicing for cleaner pieces.

Use fresh basil added just before baking for the brightest flavor.

If meal prepping, allow it to cool completely before storing.

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

Original recipe: <https://chefmaniac.com/crustless-tomato-basil-mozzarella-quiche-light-fluffy-low-carb/>