

Low-Carb Cheese and Veggie Crustless Quiche (45-Minute Recipe)

Crustless Cheese and Vegetable Quiche

OVEN
375°F

TIME
35 min

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INGREDIENTS

5 large eggs
1 cup milk
1 cup mozzarella or goat cheese
1/2 cup roasted red peppers, diced
1/2 cup baby spinach, chopped
1/4 cup caramelized onions
1/2 teaspoon Italian seasoning
Salt and black pepper, to taste
Pinch red pepper flakes (optional)

DIRECTIONS

- 1. Preheat the oven:** Preheat your oven to 375°F (190°C) and lightly grease a pie dish or square baking dish.
- 2. Whisk the eggs and milk:** In a large bowl, whisk together the eggs, milk, Italian seasoning, salt, and black pepper.
- 3. Add the fillings:** Stir in the cheese, roasted red peppers, chopped spinach, and caramelized onions.
- 4. Pour into the baking dish:** Transfer the mixture into the prepared dish and spread evenly.
- 5. Bake the quiche:** Bake for 30-35 minutes until the center is set and the top is lightly golden.
- 6. Cool and slice:** Allow the quiche to cool slightly before slicing and serving.

SWAPS & NOTES

This recipe is very flexible and easy to customize.

Cheese options Mozzarella provides a mild creamy flavor, while goat cheese adds tangy richness.

Cheddar, feta, or Swiss also work well.

Vegetable variations Mushrooms, zucchini, tomatoes, or broccoli can easily replace or supplement the vegetables in this recipe.

TIPS FOR SUCCESS

Don't overbake Remove the quiche when the center is just set to keep the texture creamy.

Sauté watery vegetables first If adding mushrooms or zucchini, cook them first to remove excess moisture.

Let the quiche rest before slicing Resting helps the eggs firm up and makes slicing easier.

Use a well-greased dish This prevents sticking and helps the slices come out cleanly.

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

Original recipe: <https://chefmaniac.com/low-carb-cheese-and-veggie-crustless-quiche-45-minute-recipe/>