

Prep Time	15 minutes
Cook Time	45-50 minutes
Resting Time	10 minutes
Total Time	~1 hour 10 minutes
Yield	6 servings
Category	Breakfast / Brunch / Main Dish
Cuisine	American-French
Method	Baking
Difficulty	Easy
Intensity	Low — one bowl, one pan, no pastry

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Why You'll Love This Recipe

Traditional quiche relies on a buttery pastry shell that can be finicky, time-consuming, and heavy. This crustless version delivers everything you love about quiche — the custardy eggs, the melty cheese, the savory fillings — without the rolling, chilling, and blind-baking. It's naturally gluten-free, low-carb friendly, and endlessly adaptable. Serve it warm from the oven or at room temperature at your next brunch; it's forgiving either way.

Ingredients

- 10 oz (280 g) frozen chopped spinach, thawed and squeezed very dry (or 12 oz fresh spinach, wilted and drained)
- 6 large eggs
- 1 cup (240 ml) whole milk (or half-and-half for a richer result)
- ½ cup (120 g) sour cream or plain Greek yogurt
- 1½ cups (170 g) shredded cheese — a mix of mozzarella and sharp cheddar works beautifully, or try Gruyère or Swiss
- ½ cup (50 g) grated Parmesan cheese
- 1 small onion (about 1 cup), finely diced

- 2 cloves garlic, minced
- 1 tbsp olive oil or butter, for sautéing
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp ground nutmeg (optional but recommended — it's the classic quiche secret)
- ¼ tsp dried thyme (optional)

Optional add-ins: crumbled bacon, diced ham, sliced mushrooms, roasted red peppers, or chopped sun-dried tomatoes.

Equipment

- 9-inch (23 cm) pie dish or round cake pan
- Large skillet
- Mixing bowl

- Whisk
 - Measuring cups and spoons
 - Clean kitchen towel or paper towels (for squeezing spinach)
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Instructions

Step 1: Preheat and Prep — *Intensity: Low*

Preheat your oven to 350°F (175°C). Lightly grease a 9-inch pie dish with butter or nonstick spray. If you'd like extra insurance against sticking, line the bottom with a circle of parchment paper.

Step 2: Sauté the Aromatics — *Intensity: Low-Medium | Time: 5-6 minutes*

Heat the olive oil in a skillet over medium heat. Add the diced onion and cook, stirring occasionally, until soft and translucent, about 4-5 minutes. Add the garlic and cook for 1 minute more, until fragrant. Remove from heat and set aside to cool slightly.

Step 3: Squeeze the Spinach Dry — *Intensity: Medium | Time: 3-4 minutes*

This is the single most important step. Thawed frozen spinach holds a surprising amount of water, and excess moisture will turn your quiche watery and prevent it from setting. Wrap the spinach in a clean kitchen towel or several layers of paper towels and squeeze firmly until no more liquid drips out. You should end up with roughly 1 cup of dry, compacted spinach. If

using fresh spinach, wilt it in the skillet first, then cool and squeeze.

Step 4: Whisk the Custard — *Intensity: Low | Time: 2 minutes*

In a large mixing bowl, whisk together the eggs, milk, sour cream, salt, pepper, nutmeg, and thyme until completely smooth and uniform in color. Don't over-aerate — you want a smooth custard, not a frothy one.

Step 5: Combine the Fillings — *Intensity: Low | Time: 2 minutes*

Stir the squeezed spinach, sautéed onion-garlic mixture, shredded cheese, and Parmesan into the custard. Mix until everything is evenly distributed. If using optional add-ins like bacon or mushrooms, fold them in now.

Step 6: Assemble — *Intensity: Low | Time: 2 minutes*

Pour the mixture into the prepared pie dish. Spread it evenly with a spatula. Give the dish a gentle tap on the counter to release any trapped air bubbles.

Step 7: Bake — *Intensity: Low | Time: 45-50 minutes*

Bake on the center rack at 350°F (175°C) for 45-50 minutes. The quiche is done when the center is set and no longer jiggles when you gently shake the pan, and the top is golden with slightly puffed edges. If the top browns too quickly, tent it loosely with foil after the 35-minute mark.

Step 8: Rest Before Slicing — *Intensity: None | Time: 10 minutes*

This step is non-negotiable. Let the quiche rest for at least 10 minutes before slicing. The custard continues to set as it cools, and resting makes clean, neat slices possible. Serve warm, at room temperature, or chilled.

Time & Intensity Summary

Phase	Time	Intensity
Prep & preheat	5 min	Low
Sauté aromatics	5-6 min	Low-Medium
Squeeze spinach	3-4 min	Medium
Whisk & combine	4 min	Low
Bake	45-50 min	Low
Rest	10 min	None

Nutrition Information

Per serving (1 of 6 slices), calculated with whole milk, sour cream, and a mozzarella-cheddar blend. Values are estimates and will vary based on exact ingredients used.

Nutrient	Amount
Calories	~295 kcal
Total Fat	21 g
Saturated Fat	10 g
Cholesterol	210 mg
Sodium	520 mg
Total Carbohydrates	6 g
Dietary Fiber	1.5 g
Total Sugars	3 g
Protein	19 g