- Prep Time: 15 minutes
- Cook Time: 35-40 minutes
- Total Time: 50-55 minutes
- Servings: 6
- Cuisine: Mediterranean-Inspired
- Dietary: Gluten-Free, Vegetarian, Low-Carb

Table of Contents

- Why You'll Love This Recipe
- Ingredients
- Equipment
- Step-by-Step Instructions
- Recipe Notes & Variations
- Nutrition Information

Why You'll Love This Recipe

- Incredibly Flavorful: The umami punch from sun-dried tomatoes, the salty tang of feta,

and the earthy goodness of spinach create a perfect flavor balance.

- Gluten-Free & Low-Carb: Without a crust, this quiche is naturally gluten-free and lower in carbohydrates than traditional versions, making it a great option for various dietary needs.

- Perfect for Meal Prep: Bake it on a Sunday and enjoy a slice for a quick breakfast or lunch throughout the week. It reheats beautifully.

- Versatile: Serve it warm for dinner with a side salad or at room temperature for a sophisticated brunch spread. It’s delicious any way you slice it!

Ingredients

For the Quiche:

- 1 tablespoon olive oil

- 1 medium yellow onion, finely chopped

- 2 cloves garlic, minced

- 5 oz (140g) fresh baby spinach

- ½ cup sun-dried tomatoes (oil-packed or dry-packed and rehydrated), chopped
- 6 large eggs
- 1 ½ cups whole milk (or 2% for a lighter version)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dried oregano
- ⅛ teaspoon freshly grated nutmeg (optional, but recommended)
- 4 oz (115g) feta cheese, crumbled

For Serving (Optional):

- Fresh parsley or basil, chopped
- A simple side salad

Equipment

- 9-inch (23cm) pie dish
- Large skillet
- Mixing bowl
- Whisk

Step-by-Step Instructions

1. Preheat & Prepare (Time: 5 minutes | Intensity: Low)
Preheat your oven to 375°F (190°C). Lightly grease a 9-inch pie dish with olive oil or non-stick cooking spray. Set aside.

2. Sauté the Aromatics (Time: 5-7 minutes | Intensity: Medium)
Heat the olive oil in a large skillet over medium heat. Add the chopped onion and cook, stirring occasionally, until softened and translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.

3. Wilt the Spinach (Time: 2-3 minutes | Intensity: Medium)
Add the fresh spinach to the skillet in batches. Stir gently until it has completely wilted down. This will happen quickly. Once wilted, remove the skillet from the heat and stir in the chopped sun-dried tomatoes. Set the mixture aside to cool slightly.

4. Whisk the Custard (Time: 3 minutes | Intensity: Low)

In a large mixing bowl, whisk together the eggs, milk, salt, pepper, dried oregano, and nutmeg (if using). Whisk vigorously for about a minute until the mixture is well-combined and slightly frothy.

5. Assemble the Quiche (Time: 3 minutes | Intensity: Low)
Spread the spinach and sun-dried tomato mixture evenly across the bottom of the prepared pie dish. Sprinkle half of the crumbled feta cheese over the vegetables. Carefully pour the egg custard over the top. Finally, sprinkle the remaining feta cheese over the surface.

6. Bake to Perfection (Time: 35-40 minutes | Intensity: Low)
Place the quiche in the preheated oven and bake for 35-40 minutes, or until the center is set and no longer jiggles when you gently shake the dish. The top should be a beautiful golden brown. If the edges are browning too quickly, you can loosely cover them with foil for the last 10 minutes of baking.

7. Cool and Serve (Time: 10 minutes | Intensity: Low)
Remove the quiche from the oven and let it cool on a wire rack for at least 10 minutes. This allows the custard to set fully, making it easier to slice. Serve warm or at room temperature, garnished with fresh parsley or basil if desired.

Recipe Notes & Variations

- Make it Dairy-Free: Use a plain, unsweetened plant-based milk (like almond or oat milk) and substitute the feta with a high-quality dairy-free feta alternative.

- Add Protein: For an even heartier meal, add ½ cup of cooked, crumbled bacon or diced ham to the spinach mixture.

- Change the Cheese: Goat cheese or grated Gruyère would also be delicious substitutes

for feta.

- Storage: Store leftover quiche in an airtight container in the refrigerator for up to 4 days.

- Reheating: Reheat individual slices in the microwave for 1-2 minutes or in a 350°F (175°C) oven for 10-15 minutes until warmed through.

Nutrition Information

Nutrition information is an estimate and will vary based on the specific ingredients used.

Serving Size: 1 slice (out of 6)

- Calories: 245 kcal

- Total Fat: 15g

- Saturated Fat: 7g

- Cholesterol: 215mg

- Sodium: 580mg

- Total Carbohydrates: 10g
- Dietary Fiber: 2g
- Sugars: 6g
- Protein: 16g