

Prep Time: 15 minutes
Cook Time: 45 minutes
Total Time: 1 hour
Servings: 6
Calories: 285 kcal per serving

There's something truly magical about a quiche. It's elegant enough for a weekend brunch with friends yet humble enough for a lazy Sunday morning. But let's be honest: making and chilling a perfect pastry crust can sometimes feel like a chore.

Enter this Spinach, Sun-Dried Tomato & Feta Crustless Quiche.

This isn't just a quiche without a crust; it's a celebration of vibrant Mediterranean flavors. It's a golden, custardy, and incredibly savory bake that is naturally gluten-free and packed with protein. The earthy depth of spinach, the sweet-tart punch of sun-dried tomatoes, and the salty, creamy crumble of feta cheese create a symphony of taste in every bite. It's perfect for meal prep, a quick reheat-and-eat breakfast, or a stunning centerpiece for a light lunch salad.

Let's dive into how to make this effortless, crowd-pleasing dish.

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Why You'll Love This Recipe

- **Naturally Gluten-Free:** By skipping the crust, this quiche is accessible to everyone at the table.
- **Low-Carb & Keto-Friendly:** With only 8g of net carbs per serving, it fits perfectly into low-carb lifestyles.
- **Meal-Prep Hero:** It slices beautifully and reheats like a dream. Make it on Sunday, eat it all week.
- **Flavor-Packed:** The combination of feta, sun-dried tomatoes, and spinach is a tried-and-true Mediterranean classic.

Ingredients

The Base:

- 8 large eggs: The foundation of our custard. Room temperature eggs blend more smoothly.
- 1 cup (240 ml) whole milk: For richness. You can substitute half-and-half or heavy cream for an even creamier texture.
- 1/2 cup (120 g) plain Greek yogurt: This is my secret weapon. It adds a tangy depth and a velvety texture without making the quiche heavy. Sour cream works too.
- 1/2 teaspoon salt: To season the custard.
- 1/4 teaspoon black pepper: Freshly ground is best.
- 1/4 teaspoon ground nutmeg: A classic quiche spice. It doesn't make it taste like dessert; it just adds a warm, sophisticated background note.

The Fillings:

- 1 tablespoon olive oil: For sautéing.
- 1 small yellow onion, finely diced (about 1 cup): Sweetens as it cooks.
- 3 cloves garlic, minced: Because everything is better with garlic.
- 10 oz (280 g) frozen chopped spinach, thawed and squeezed VERY dry: This is the most critical step. If you don't squeeze out the water, you'll end up with a soggy quiche. You

can also use 10 oz of fresh spinach, wilted and squeezed.

- 3/4 cup sun-dried tomatoes (packed in oil), drained and chopped: They add a burst of umami and sweetness.
- 1 cup (150 g) feta cheese, crumbled: Use a block of feta in brine for the best flavor and texture. Pre-crumbled feta is often drier and less flavorful.
- 1/2 cup (50 g) shredded mozzarella or Swiss cheese: For that gooey, melty factor that binds everything together.
- 2 tablespoons fresh herbs (optional): Chopped dill, parsley, or basil are wonderful additions.

Equipment

- 9-inch pie dish or 9-inch round cake pan
- Large skillet
- Large mixing bowl
- Whisk

- Measuring cups and spoons
 - Rubber spatula
 - Aluminum foil (optional)
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Instructions

Step 1: Preheat & Prep (Time: 5 minutes | Intensity: Low)

Preheat your oven to 350°F (175°C) . Grease a 9-inch pie dish or round cake pan generously with olive oil or non-stick spray. Set it aside.

Step 2: Sauté the Aromatics (Time: 7-8 minutes | Intensity: Medium)

Heat the olive oil in a large skillet over medium heat. Add the diced onion and cook until it becomes translucent and soft, about 5 minutes. Add the minced garlic and cook for another minute until fragrant. Be careful not to burn the garlic. Remove the skillet from the heat.

Step 3: The Critical Squeeze (Time: 5 minutes | Intensity: Medium)

This step is non-negotiable for a perfect crustless quiche. Take your thawed frozen spinach and place it in a clean kitchen towel or several layers of paper towels. Wrap it up and squeeze with all your might over the sink. You want to extract as much liquid as possible. You should be left with a compact ball of dry spinach. This ensures your quiche sets firmly instead of becoming a watery mess.

Step 4: Build the Flavor Base (Time: 3 minutes | Intensity: Low)

In your greased pie dish, combine the squeezed spinach, the sautéed onion and garlic, the chopped sun-dried tomatoes, and the crumbled feta. Toss everything together with a spatula until it's evenly distributed. Spread the mixture into an even layer on the bottom of the dish. Sprinkle the shredded mozzarella cheese over the top.

Step 5: Whisk the Custard (Time: 3 minutes | Intensity: Low)

In a large bowl, combine the eggs, milk, Greek yogurt, salt, pepper, and nutmeg. Whisk vigorously for about a minute until the mixture is completely smooth and uniform. You don't want any streaks of egg white or clumps of yogurt.

Step 6: Assemble & Bake (Time: 45 minutes | Intensity: Low)

Pour the egg custard mixture evenly over the spinach and feta filling in the pie dish. Gently press down on any fillings that poke up to ensure they are submerged. This prevents them from burning.

Place the quiche in the center of the preheated oven. Bake for 40-50 minutes, or until the center is set and no longer jiggles when you gently shake the pan. The top should be a beautiful golden brown.

Pro Tip: If the edges of your quiche start to brown too quickly (around the 30-minute mark), you can loosely tent the dish with aluminum foil for the remainder of the baking time.

Step 7: Rest & Serve (Time: 10 minutes | Intensity: Low)

This is another important step! Once baked, remove the quiche from the oven and let it rest on a wire rack for at least 10 minutes. This allows the custard to finish setting up, making it much easier to slice. Serve warm or at room temperature.

Recipe Notes & Variations

- **Make it Dairy-Free:** Use unsweetened almond or oat milk and a dairy-free yogurt. Substitute the feta and mozzarella with your favorite dairy-free cheese alternatives. Kalamata olives would also be a great salty, dairy-free addition.
- **Add Protein:** Diced cooked bacon, crumbled Italian sausage, or diced ham are fantastic additions. Add them in Step 4 with the other fillings.
- **Veggie Swap:** Sautéed mushrooms, roasted red peppers, or caramelized leeks would all be delicious in place of or in addition to the sun-dried tomatoes.
- **Storage:** Store leftovers in an airtight container in the refrigerator for up to 4 days.
- **Reheating:** The best way to reheat a slice is in the microwave for 45-60 seconds, or in a toaster oven until warmed through. Avoid reheating the whole quiche in the oven, as it can dry out.

Nutrition Information

Per serving (1 slice out of 6)

- **Calories:** 285 kcal

- Total Fat: 18g
- Saturated Fat: 8g
- Cholesterol: 235mg
- Sodium: 710mg
- Total Carbohydrates: 10g
- Dietary Fiber: 2g
- Sugars: 5g
- Protein: 20g