

# Spinach and Feta Quiche

## Ingredients

- 1 crust quiche crust, pie crust or cream cheese pie crust
- 1 $\frac{1}{3}$  cups when steamed (see notes to substitute with frozen spinach)
- 4 large eggs
- 1 cup heavy whipping cream substitute half and half or whole milk
- $\frac{3}{4}$  cup feta crumbled
- 1 tablespoon minced garlic about 3 cloves
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper

Prep 15 Mins

Cook 40 Mins

Serves 6-8





# Procedure



## BLIND BAKE CRUST


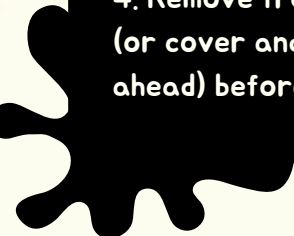
1. Follow instructions for store-bought crust or preheat oven to 190°C.

1 crust

2. Place crust in 9-inch un-greased quiche, pie, or tart dish. Cover with parchment paper to fill the mold. Fill dish with pie weights (or beans).

3. Bake in the center of preheated oven 15 minutes or until the edges are slightly golden. Remove parchment and pie weights. Using a fork, prick holes and bake 7 minutes or until bottom of crust appears set and no longer wet.

4. Remove from oven and allow to cool (or cover and refrigerate if making ahead) before filling.



## QUICHE INSTRUCTIONS

1. Reduce oven temperature to 175°C.
2. Steam spinach (see notes in recipe card below or according to package instructions). Drain well and squeeze to eliminate liquid, and set aside.
3. In a large mixing bowl or stand mixer fitted with the whisk attachment, beat eggs and heavy whipping cream 1 minute on high or until creamy.
4. Whisk in spinach, feta, garlic, salt and pepper until well combined.
5. Pour spinach and cheese filling into crust. Tent or use a pie crust shield to prevent over browning.

Bake in the centre rack of oven until edges are set (about 35-40 minutes). The centre should jiggle slightly when the edge of the dish is tapped. For best results, carefully watch bake time.

6. Remove from oven and cool 10-15 minutes. Slice and serve warm or at room temperature.



## **MR SLEBY'S TIP:**

**1. Steam and squeeze moisture from fresh or frozen spinach before adding it to the mixture**

