



Spinach & Cheese Quiche

Makes 4 servings. Recipe from MyRecipes.com.

Ingredients

1 tablespoon unsalted butter
½ yellow onion, finely chopped
1 clove garlic, minced
110-oz. package frozen chopped spinach, thawed
and squeezed dry
½ cup sliced cherry tomatoes
1½ cups grated Gruyère
1 9-inch unbaked pie shell
3 large eggs, lightly beaten
1½ cups whole milk
Salt and pepper
Pinch of ground nutmeg

Nutritional info

Calories:	180
Total Fat:	7g
Cholesterol:	101mg
Sodium:	252mg
Protein:	11g
Carbohydrates:	7g
Calcium:	253mg
Vitamin D:	28mcg
Iron:	2mg
Potassium:	348mg

Directions

1. Preheat oven to 375°.
2. In a small skillet over medium heat, melt butter. Add onion and sauté until translucent, about 5 minutes. Add garlic and cook for 1 minute longer, stirring. Transfer to a small bowl and let cool.
3. Sprinkle onion mixture, spinach, tomatoes and Gruyère over bottom of pie shell. Beat eggs and milk together, season with salt, pepper and nutmeg. Gently pour into crust.
4. Bake quiche for 40 to 45 minutes, until set and nicely browned. Remove from oven and let rest for 10 minutes.