

Spinach Quiche: A Tasty Vegetarian Dish That Will Delight Your Taste Buds

If you're looking for a delicious and satisfying vegetarian dish, look no further than spinach quiche. This classic dish is made with a creamy custard filling, fresh spinach, and a variety of cheeses. It's perfect for breakfast, lunch, or dinner, and it's sure to please everyone at the table.



Spinach Quiche: A tasty vegetarian dish

★★★★★ 5 out of 5

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The best thing about spinach quiche is that it's so easy to make. In just a few simple steps, you can have a delicious and nutritious meal that the whole family will love.

Ingredients

- 1 (9-inch) unbaked pie crust
- 1 (10-ounce) package frozen spinach, thawed and squeezed dry
- 1/2 cup chopped onion

- 1/2 cup chopped red bell pepper
- 1/2 cup grated Parmesan cheese
- 1/4 cup grated cheddar cheese
- 1/4 cup grated Swiss cheese
- 1/2 cup milk
- 2 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, combine the spinach, onion, red bell pepper, Parmesan cheese, cheddar cheese, and Swiss cheese.
3. In a separate bowl, whisk together the milk, eggs, salt, and black pepper.
4. Pour the wet ingredients into the dry ingredients and stir until well combined.
5. Pour the quiche filling into the pie crust.
6. Bake for 35-40 minutes, or until the quiche is set and the crust is golden brown.
7. Let the quiche cool for a few minutes before slicing and serving.

Tips

- For a more flavorful quiche, use fresh spinach instead of frozen spinach.
- If you don't have any red bell pepper, you can substitute green bell pepper.
- You can add other vegetables to your quiche, such as mushrooms, zucchini, or broccoli.
- If you want a richer quiche, use heavy cream instead of milk.
- Quiche is a great make-ahead meal. Simply prepare the quiche according to the instructions and then let it cool completely. Wrap the quiche in plastic wrap and store it in the refrigerator for up to 3 days, or in the freezer for up to 2 months.

Spinach quiche is a delicious and versatile dish that can be enjoyed for breakfast, lunch, or dinner. It's easy to make, and it's a great way to get your daily dose of vegetables. So next time you're looking for a satisfying vegetarian meal, give spinach quiche a try. You won't be disappointed!



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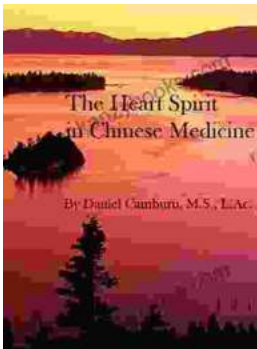
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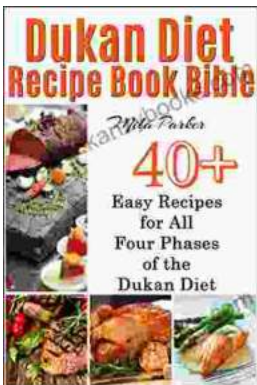
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