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## Crustless spinach and feta pie

Perfect for breakfast, lunch or dinner this spinach and feta quiche is a quick and easy vegetarian recipe that even meat-eaters will love! This crustless quiche recipe is packed with spinach, feta cheese, onions and garlic, and topped with pine nuts for extra crunch. Because we've made this spinach quiche without the crust, it's low-carb and also quicker and easier to make! Elizabeth Chloe is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and linking to Amazon.com One hint of Spring and I'm already planning what recipes to make that can be packed up into a picnic or eaten al fresco. And what recipe is better suited to such an endeavour than quiche? Eat it hot or cold. Perfect cut into portions. And filled with whatever ingredients you fancy. It's like quiche was made for Springtime. Coming into season in March is one of my favourite ingredients, spinach! And what better way to utilise it that to make a spinach quiche, filled with salty feta, crunchy pine nuts, a little onion and garlic for added flavour and, of course, that delicate, creamy egg custard filling. To flavour this spinach and feta quiche, I opted for a little lemon zest and nutmeg. The lemon zest adds a delicate, citrusy flavour that balances out the saltiness of the feta and the richness of the cream, while the nutmeg enhances the flavours of the eggs and cream. Simple, but DELICIOUS. This quiche is also CRUSTLESS. That means no messing around blind baking your pastry. Of course, if you wanted a crust, please be my guest! But by taking away the crust we are saving on time and energy. The lack of crust also makes this quiche lower in carbohydrates, so if you're following a low-carb diet this recipe is definitely one to add to your repertoire! Easy crustless quiche with spinach and feta is the perfect vegetarian offering for picnics, BBQ's and lunchboxes alike. It's so delicious you'll find yourself eating it from the pan before it's even cooled, you'll lose a layer of skin from the roof of your mouth, and you won't even mind, I promise you. Nutrition The spinach, eggs and feta in this recipe are providing the majority of the nutrition. Both the eggs and the feta are great sources of riboflavin and vitamin B12. Riboflavin helps us release energy from the food we eat and is needed for the structure and function of our mucous membranes. Vitamin B12, which is only found in animal products, is essential for the normal function of the nervous system and the formation of red blood cells. Eggs and feta are also good sources of protein, an essential macronutrient needed for growth and tissue repair in the body. Eggs are also a fantastic source of choline. Choline is a nutrient required for a number of different processes in the body, including the structure of our cells, fat transport and metabolism, DNA synthesis and maintaining a healthy nervous system. The spinach found in the recipe provides us with a huge amount of vitamin K, which is essential for normal blood clotting and bone structure. Spinach is also a good source of vitamin A is required to ensure the skin and mucous membranes found throughout the body form normally. Spinach also delivers us with the nutrient folate, which works with vitamin B12 to form healthy red blood cells. It is also essential for normal cell division and the normal structure of the nervous system. Onion & garlic - both provide great base flavours to the quiche. If you don't have onions or can't eat them, try substituting for leeks or shallots. I've opted for brown onions but you could also use red. Spinach - if you're looking for a spinach substitute, swiss chard is probably your best bet in terms of texture and flavour. You could also use frozen spinach (use approximately 150 grams of frozen for 200 grams of fresh) but whatever you do make sure you squeeze out excess liquid once it's cooked. If you don't you'll be left with a watery quiche. Eggs - Try and use nice, large eggs from free-range hens. If you've only got small eggs, you might want to add in an extra one to make sure you've got a good egg to cream ratio. Single Cream - I chose to use single cream (known as light cream across the pond) to add richness while also reducing the fat content slightly. If you want a richer, creamier quiche filling go for double (heavy) cream. If you really want to reduce the fat content even more use milk. Lemon zest - the lemon zest adds a delicate, citrusy flavour to the quiche that balances out the saltiness from the feta and the richness from the cream, without being overpowering. Don't have it? Feel free to leave it out. Feta Cheese - both creamy and salty, feta really adds tonnes of flavour to this vegetarian quiche. If you can't get your hands on feta you could substitute ricotta for a similar creamy texture. Or cheddar, for something a bit different entirely. Pine nuts - the addition of pine nuts adds a delicate nutty flavour while also adding a little crunch. Substitute for chopped cashews if you can't eat pine nuts, or omit them completely. Frequently Asked Questions How to store leftover quiche: Leave the spinach and feta quiche to cool to room temperature for no longer than 2 hours. Once cooled, if still in its baking pan, cover with cling-film and store in the refrigerator. If the quiche has been sliced into portions either wrap each individual portion in cling-film, store it in plastic food bags or store it in Tupperware containers. Eat within 3-4 days. Can you freeze quiche? Yup! To freeze leftover quiche follow the storage instructions as above and store in the freezer for up to 3 months. For best results, do not thaw the quiche before reheating, instead, pop it straight into the oven from frozen. How to reheat quiche: Preheat your oven to 180°C. Place your leftover quiche on a baking tray and cook for 15-20 minutes until warmed through. Make sure food is piping hot before serving. How to reheat frozen quiche: Follow the instructions as above, but instead cook for approximately 30-35 minutes until the quiche is piping hot all the way through. What to serve with quiche: Quiche works particularly well with just a simple green salad. You could also add a side of boiled potatoes to bulk it out a little more. Steamed greens such as broccoli or green beans are another great side. Recipes you may also like... Watch the Video How to Make Easy Crustless Quiche with Spinach and Feta Let me know what you think of this recipe by leaving a rating and a comment! You can also follow over on Facebook, Pinterest, Instagram and Twitter. Come and say hi and hashtag any recipe snaps with #elizabethchloe. For a weekly update of new recipes and blog posts, you can subscribe to the mailing list here! This Crustless Spinach and Feta Quiche is a healthy, tasty, low carb breakfast dish, and it's so easy to make! Perfect to cook once and eat for the week, or as a family brunch staple. I like my eggs cheesy, so I used Feta cheese and low fat cottage cheese and I loved the results! The flavors in this dish are classic, simple, and easy to adjust to your preferences. Want to swap out the spinach for cooked broccoli? Sure! The Feta cheese for shredded mozzarella? Go for it! Want to add some cooked bacon or ham? Toss it in! This is a great recipe as is, but feel free to make it your own. As written below, a 1/6th slice is just 152 calories, 6g carbs, or 3 Green, 2 Blue or 2 Purple WW SmartPoints! Looking for more tasty lightened up breakfast recipes? Check out my Banana Blueberry Muffins, Sausage and Pepper Egg Bake, Strawberry Almond Cream Pancakes, Ultimate Tater Tot Breakfast Casserole, Apple Cinnamon Pancakes, Triple Berry Yogurt Bowl, Sausage Apple Cheddar Frittata, Berry French Toast Muffins, Ham and Cheese Egg Cups, Orange Cranberry Baked Oatmeal Singles, Pear Gingerbread Baked Oatmeal Singles, Ham and Cheese Hash Brown Quiche, Pumpkin Chocolate Baked Oatmeal Singles, and many more in the Breakfast section of my recipe index! Print Recipe Rate this Recipe This easy Crustless Spinach and Feta Quiche is a healthy, tasty, low carb breakfast dish! 1 teaspoon olive oil1 small onion, chopped5 large eggs1 cup 1% low fat cottage cheese2 oz crumbled Feta cheese¼ teaspoon salt1/8 teaspoon black pepper1/8 teaspoon crushed red pepper flakes10 oz frozen chopped spinach, thawed and squeezed to remove any liquid Pre-heat the oven to 350 degrees. Lightly mist a 9-inch pie plate with cooking spray and set aside.Drizzle the oil in a skillet and bring over medium heat. Add the chopped onion and cook, stirring occasionally, until the onions are softened and golden.Break the eggs into a mixing bowl and whisk them with a whisk. Add the cooked onions, cottage cheese, Feta, salt, pepper, red pepper and spinach and stir to combine. Transfer the entire mixture to the prepared pie plate and make sure the ingredients are evenly distributed. Bake for 35-45 minutes until the middle is set (not jiggy) and the edges are golden. Cut into 6 slices and serve! MYWW SMARTPOINTS PER (1 slice) SERVING: (SP calculated using the recipe builder on weightwatchers.com) Green: 3 SmartPoints/ Blue: 2 SmartPoints/ Purple: 2 SmartPoints Weight Watchers Points Plus: 4 per (1 slice) serving (P+ calculated using the recipe builder on weightwatchers.com) Nutrition Information per (1 slice) serving: 152 calories, 6 g carbs, 2 g sugars, 7 g fat, 3 g saturated fat, 13 g protein, 1 g fiber (from myfitnesspal.com) 5-Ingredient Keto Cookbook Jump to Recipe Nut-FreeKid FriendlyVegetarianQuickOne Pan A crustless spinach pie is a simple dish that's perfect for those just starting out on a low carb diet. It can be baked in a pie pan or square dish. Jump to: This past holiday week, I decided to enjoy some of the keto foods I typically stay away from during the year. Now that the New Year is here, it's time for me to get back on track with my normal low carb diet. Have you fallen off the low carb diet wagon and trying to get back on track? You can find some Low Carb Diet Tricks to help get yourself back on plan. Although I did have a few of my favorite cookies and some regular eggnog, I kept the portions within moderation. My main meals were still kept low in carbs, but it is nice to have a few treats after being good all year. This low carb gluten free crustless spinach cheese pie is a recipe that I haven't made in a long time. It's a very simple dish that is great for those just starting out on a low carb diet. And, it's a perfect dish to make during low carb induction. How To Make Crustless Spinach Pie This recipe is pretty simple. If you have ever made a quiche, then you know how to make this recipe. You probably already have all of these ingredients on hand, too. To make the recipe, you'll just mix eggs, cheese, spinach, and seasonings together. It helps to wilt the spinach first, but you don't have to. For the spices, I used the basic salt, pepper, and garlic. They are what I always reach for when I know I am making something simple. There are lots of ways that you can change this recipe - including using different spices. All those questions and ideas are in the following FAQs. Frequently Asked Questions About Keto Spinach Pie The entire recipe is in the printable recipe card at the bottom of the post. First, I want to answer a few questions about this easy recipe. Crustless Pie Or Quiche - Are They The Same? I suppose you could call this recipe a crustless quiche. But, it's loaded with spinach and cheese so I chose to call it a crustless pie. In fact, this could almost be called a frittata. A quiche is an unsweetened pie with savory fillings like spinach - and it always has eggs. Most quiches have some sort of crust. A frittata is like a crustless quiche or an unfolded omelet. That's pretty much what I made here - except I used way more savory ingredients than eggs in this recipe. If you are looking for more of a quiche recipe, I've got a few of those on the site. You may want to check out my bacon cheddar quiche or my asparagus quiche. And be sure to check out these tips for making quiche. Can You Freeze Spinach Pie? Yes, you can freeze this crustless spinach cheese pie if you want to make a large batch ahead of time. Freezing in single servings also makes it easy to just grab a piece to reheat in the microwave. Here's how to freeze this crustless pie. First, bake it and then let it cool off completely. Then, cover it tightly with a freezer-safe lid or with some aluminum foil. If you want to freeze it in single-servings, wrap them up individually or flash freeze individual slices on a baking sheet before you place them in a freezer-safe bag. I'll admit that I rarely have time for doing freezer meals. Usually, I do most of my cooking on the weekend and eat leftovers during the busy work week. Can You Use Kale Instead Of Spinach? Yes, kale is an excellent substitute for spinach. In fact, kale is known as a super-food. It's low in carbs and really high in antioxidants. If possible, I suggest using a mixture of both kale and spinach. Kale has such a strong flavor. Spinach is milder and will balance out the bold taste of the kale. What Other Spices Can I Add To It? This answer is tough because the options are limitless. If you want your pie to have some heat, add cayenne pepper and red pepper flakes. If you want it to have a smoky/BBQ flavor, you can add some Paprika and chili seasoning. Yum! A traditional blend of Italian spices - oregano, parsley, and basil - would be perfect with the garlic and salt too. Can I Add A Crust To The Spinach Pie? If you don't mind the additional carbs, you could bake it in a savory pie crust for more of a quiche. However, I like to eat this as a very low carb crustless spinach cheese pie. What Type Of Pan Do I Use To Bake It In? Although I like to make it in a pie pan, it can be baked in a square dish or doubled to fit into a 9x13 pan. You may want to make this crustless spinach pie ahead for easy breakfasts or snacks during the week. What Type Of Cheese Is Best For Spinach Pie? You can use any type of cheese that you like. The main difference between cheese is how it melts and how much flavor it has. When it melts, it pretty much all acts the same way. Pepper jack cheese will have a bit of spice - which would taste pretty great with this recipe. I used a feta cheese blend. All the different types of cheese melted together and made this pie the ultimate comfort food. Other Keto Egg Recipes If you enjoy low-carb egg recipes and want some more ideas, I have plenty of them! Here are some more of my favorite keto egg recipes: ★ FOLLOW ME ON FACEBOOK, PINTEREST, AND INSTAGRAM FOR MORE EASY KETO RECIPES. First Published: December 31, 2011... 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