

spinach, feta, and tomato quiche

vegetarian
EATING

The filling here can be replaced with your favorite veggies and cheese, and you can increase the amount of quiche batter for larger pies using this simple equation: count $i/2$ cup milk for every egg used. The recipe will also work in a prepared piecrust.

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recipe

ingredients

savings in oklahoma city, 73104

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Crust

6 sheets frozen phyllo dough, thawed

3 tablespoons olive oil

[see savings](#)

1 1/2 teaspoons toasted sesame seeds

Filling

1 10-ounce package frozen spinach, thawed, all liquid squeezed out

1/2 cup finely chopped red onion

1/2 cup crumbled feta cheese

10 cherry tomatoes, halved

Quiche Batter

2

eggs

see savings



1 cup

low-fat milk

see savings



Pinch ground nutmeg

[add ingredients to list](#)

directions

1. Preheat oven to 350 degrees F. To make Crust: Coat 9-inch pie pan with cooking spray. Lay 1 phyllo sheet on work surface, and brush all over with oil. Sprinkle with 1/2 teaspoon [sesame seeds](#). Top with second phyllo sheet, and brush with oil. Top with third phyllo sheet, brush with oil, and sprinkle with 1/2 teaspoon sesame seeds. Repeat phyllo and oil layers twice more. Sprinkle fifth phyllo sheet with remaining sesame seeds, and top with sixth phyllo sheet. Press into prepared pie pan; trim edges with scissors.
2. To make Filling: Stir together [spinach](#) and onion. Sprinkle feta cheese over Crust. Top with spinach mixture. Arrange tomato halves over quiche.
3. To make Quiche Batter: Whisk together all ingredients in medium bowl. Season with salt and pepper, if desired. Pour Quiche Batter over Filling in [Crust](#). Set quiche on baking sheet, and bake 45 to 50 minutes, or until top is brown and center is set.

nutrition information

Per serving: Calories 218, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 84 mg, Sodium 435 mg, Carbohydrate 16 g, Fiber 2 g, Protein 8 g, Sugars 5 g. Percent Daily Values are based on a 2,000 calorie diet