

★ Spinach & Feta Quiche

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Prep: 20m **Cook:** 30m **Total:** 1hr

Yield: 12

Breakfast

70 kcal each egg cup.



Ingredients

- 1 tsp extra-virgin olive oil
- ½ cup finely chopped onion
- 2 cloves garlic, minced
- 10oz frozen chopped spinach, thawed and squeezed dry
- 1¼ cups almond milk
- 4 large eggs, beaten
- 1 tablespoon chopped fresh dill
- 1 teaspoon lemon zest
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- ¾ cup crumbled feta cheese

Instructions

1. Preheat oven to 325°F. Lightly coat a 9-inch pie pan with cooking spray.
2. Heat oil in a large skillet over medium heat. Add onion and cook, stirring, until softened, about 3 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in spinach; remove from heat.
3. Meanwhile, whisk milk, eggs, dill, lemon zest, salt and pepper together in a medium bowl.
4. Spread the spinach mixture evenly in the prepared pie plate. Sprinkle with feta, then pour in egg mixture. Bake until firm to the touch and a knife inserted into the center comes out dry, 45 to 50 minutes. Let stand for 10 minutes before serving. Garnish with additional fresh chopped dill, if desired.