



# Spinach and Cheese Quiche

SERVES 4    PREPARATION TIME 40MINS

## INGREDIENTS

**100g** Baby Spinach

**8** Eggs

**150g** Cherry Tomatoes; diced

**1 cup** Grated Parmesan or Tasty Cheese

**2** cloves Garlic; minced

$\frac{1}{2}$  Onion; chopped

**1 tbsp** Canola Oil

**2** Wholemeal Bread; chopped

**1 Cup** Low Fat Milk

Pepper; to taste

## METHOD

1. Preheat oven to 180 degree celcius.
2. Grease a 12-cup capacity muffin pan.
3. Roughly chop spinach leaves.
4. Whisk eggs and pepper in a bowl until small bubbles appear.
5. Add spinach, tomatoes, cheese, garlic, onion, milk and pepper, to eggs. Stir until well combined.
6. Spoon mixture into prepared muffin holes. Press in bread pieces into the egg milk mixture with the back of a spoon. Bake for 30 minutes or until firm to the touch. Cool in pan for 5 minutes before turning onto a wire rack.

RECIPE SHARED BY

*YoRipe and its partners*