

# Spinach and Artichoke Quiche

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## Servings: 4

*3 large eggs*  
*1 cup half-and-half*  
*Kosher salt (to taste)*  
*freshly ground pepper (to taste)*  
*2 tablespoons extra-virgin olive oil*  
*1 package (5 ounce) baby spinach*  
*1 cup frozen artichoke hearts, thawed and roughly chopped*  
*1/3 cup (2 ounces) garlic-herb goat cheese, crumbled*  
*1 prepared nine-inch pie crust, thawed if frozen*  
*10 grape tomatoes, halved*  
*1 tablespoon red wine vinegar*  
*1/2 teaspoon Dijon mustard*  
*4 cups Italian salad blend*

## Preparation Time: 25 minutes

Place a baking sheet in the lower third of the oven. Preheat the oven to 425 degrees.

In a large bowl, whisk the eggs, half-and-half, 3/4 teaspoon of salt and 1/4 teaspoon of pepper. Set aside.

In a large skillet over medium-high heat, heat one tablespoon of olive oil. Add the spinach, artichoke hearts and two pinches of salt. Cook, stirring, until the spinach is wilted and the skillet is dry, about 1 minute. Remove the vegetables to a plate lined with a few layers of paper towels. Let cool slightly. Carefully pull up the sides of the paper towels and squeeze out most of the liquid. Stir the vegetables into the egg mixture.

Scatter the goat cheese in the bottom of the pie crust. Pour in the egg mixture. Arrange the tomatoes cut-side up in the eggs. Season with pepper. Carefully place the quiche on the hot baking sheet.

Bake until set, about 30 minutes.

In a medium bowl, whisk the vinegar and mustard. Whisk in the remaining one tablespoon of olive oil until smooth.

When the quiche is almost done, add the salad mix to the bowl. Toss with the vinaigrette. Season with salt and pepper.

Cut the quiche into wedges. Serve with the salad.

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Per Serving (excluding unknown items): 144 Calories; 11g Fat (67.9% calories from fat); 6g Protein; 5g Carbohydrate; 3g Dietary Fiber; 159mg Cholesterol; 99mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.