

Spinach Quiche

Serves: 6

Prep time: 15 minutes

Cook time: 40 minutes



2 serves per portion

Ingredients

1 tablespoon canola oil

½ bunch spring onions, finely chopped

3 cloves garlic, minced

2 stalks celery, finely chopped

100g bacon, fat trimmed, chopped

1 bunch spinach, finely chopped

6 eggs

400g ricotta cheese, reduced fat

¾ cup cheddar cheese, reduced fat, grated

Fresh wholemeal breadcrumbs

Sprinkle ground nutmeg

Method

PREHEAT oven to 160°C. Line oblong or quiche dish with baking paper.

HEAT oil in frypan over medium heat. Add spring onion, garlic, celery and bacon.

FRY gently until celery begins to soften. Add spinach, stirring until wilted.

REMOVE from heat and allow to cool slightly.

BEAT eggs in a bowl and stir in the ricotta and ½ cup of the grated cheese. Mix into the spinach mixture.

POUR the mixture into the prepared dish and smooth the top. Sprinkle over remaining cheese, breadcrumbs and nutmeg.

BAKE for 35 minutes or until browned.

SERVE hot or cold.



Everyday Food

Recipe courtesy of Del Ahern, Gayndah Branch