

Goat Cheese and Dried Tomato Quiche



When I'm in the mood for a comforting meal, I often turn to this goat cheese and sun-dried tomato quiche. In the winter, I love it with a warm bowl of soup, and in the summer, it's perfect with a fresh salad. It's a simple yet incredibly tasty recipe that I enjoy making over and over again!

Preparation 15 min

Cooking 35 min

Servings 4

Nutrition Facts (per serving)

Calories 310

Fat 19

Carbohydrates 14

Fibre 3

Protein 21

Sodium 370

Ingredients

- 1 whole wheat tortilla
- 10 ml (2 tsp) of oil
- 6 eggs
- 250 ml (1 cup) chopped spinach (or chopped and cooked kale)
- 190 ml (3/4 cup) of milk

- 5 ml (1 tsp) herbs of your choice (basil, thyme, oregano etc.)
- Pepper and salt, to taste
- 150 g (5 oz) goat cheese, crumbled

Preparation

1. Preheat the oven to 400 °F (200 °C).
2. In a round Pyrex dish, place the tortilla and brush with 5 ml of oil.
3. In a large bowl, whisk together all the remaining ingredients except goat cheese.
4. Pour the mixture onto the tortilla, then add the crumbled goat cheese.
5. Bake for 30 -35 minutes. Let cool before cutting and serving.

Notes

Can be refrigerated 3-4 days, can be frozen up to 3 months.



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