

SPINACH, GREEN ONION, AND SMOKED GOUDA QUICHE

Yield: 10 Servings(1 wedge)



TOTAL TIME: 2 hours 36 minutes

INGREDIENTS

Crust:

- 6 tablespoons butter (softened)
- 2 tablespoons low-fat milk
- ¼ teaspoon salt
- 1 large egg yolk
- 1¼ cups all-purpose flour

Filling:

- 1 tablespoon extra-virgin olive oil
- ½ cup thinly sliced green onions
- 3 cups fresh baby spinach
- 1 cup low-fat milk
- ¾ cup smoked gouda cheese (grated)
- ¾ teaspoon salt
- Dash of nutmeg
- 3 large eggs

PREPARATION

1. To prepare crust, place butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Combine milk, salt and egg yolk in a small bowl; stir well with a whisk. Add milk mixture to butter, 1 tablespoon at a time, beating well after each addition. Add flour; beat just until combined. Press mixture into a 4-inch circle on plastic wrap; cover. Chill for 1 hour.
2. Preheat oven to 350 degrees.
3. Unwrap and place chilled dough on a lightly floured surface. Roll dough into a 10-inch circle. Fit dough into a 9-inch pie plate. Freeze 15 minutes. Bake at 350° for 25 minutes or until lightly browned. Cool.
4. To prepare filling, heat oil in a large skillet over medium-high heat. Add onions; sauté 5 minutes or until tender. Add spinach; sauté 2 minutes.
5. Combine 1 cup milk and remaining ingredients in a bowl; stir well with a whisk. Stir in spinach mixture. Pour filling into crust. Bake at 350 degrees for 35 minutes. Cut into 10 wedges.

NUTRITION

Per serving: Calories: 205; Fat: 12.9 g (6.8 g saturated fat); Cholesterol: 113 mg; Carbohydrates: 15.4 g; Fiber 1.1 g; Protein: 7.3 g; Sodium: 405 mg.

Recipe courtesy of Cooking Light