

Spinach Artichoke Quiche

Yield: 8 servings

Ingredients

2 cups almond meal; packed (8 ounces)
 3 cloves garlic; minced
 1 teaspoon dried thyme
 ½ teaspoon kosher salt
 ¼ teaspoon ground black pepper
 ⅓ cup olive oil
 4 teaspoons water

Spinach Artichoke Filling:

2 teaspoons olive oil
 3 cups baby spinach; packed;
 roughly chopped
 4 each eggs
 1 cup almond milk; unsweetened,
 plain
 ½ teaspoon kosher salt
 ¼ teaspoon red pepper flakes
 1 cup marinated artichoke hearts;
 drained, chopped
 ½ cup Parmesan cheese; grated;
 divided

Instructions

To make the crust:

Preheat the oven to 400 degrees.

1. Grease a 10-inch cast iron skillet or 9-inch pie pan with olive oil. In a medium bowl, stir together the almond meal, garlic, thyme, salt and black pepper. Pour in the olive oil and water and stir until the mixture is thoroughly combined.
2. Press the crust into the prepared skillet or pie pan until it is evenly dispersed across the bottom and part way up the sides (if you're using a cast iron skillet make sure the crust goes at least 1 ¼ inches up the sides). Bake until the crust is lightly golden and firm to the touch, about 15 to 20 minutes.
3. To prepare the filling: In a large skillet, warm the olive oil over medium heat until shimmering. Swirl the pan to coat, toss in the spinach. Cook, stirring frequently until the spinach has wilted, and there is very little moisture left in the pan, 2 to 4 minutes. Transfer to a plate to cool.
4. In a bowl, whisk together the eggs, the almond milk, salt and pepper flakes. Stir in the slightly cooled spinach mixture, chopped artichokes, and all but 2 tablespoons of the Parmesan cheese.
5. Once the crust is done baking, pour in the egg mixture and top it with the remaining 2 tablespoons Parmesan cheese. Return to the oven and bake until the center is firm to the touch and cooked through, 30 to 33 minutes. Remove from the oven, let cool for 5 to 10 minutes before slicing.

Nutrition Information

Serving Size: 1 slice

Calories: 229
 Total Fat: 17.2 g
 Saturated Fat: 3.3 g
 Monounsaturated Fat: 8.8 g
 Sodium: 497.5 mg
 Total Carbohydrate: 7.6 g
 Dietary Fiber: 1.5 g
 Sugars: 0.2 g
 Protein: 12.3 g

Source: Love Real Food. Kathryn Taylor



Presented by
Culinary Medicine