



Recipes > Spinach, Green Onion, and Smoked Gouda Quiche

## Spinach, Green Onion, and Smoked Gouda Quiche



Photo: John Autry; Styling: Cindy Barr

We like the creamy, custardy consistency of this quiche when it's baked for 35 minutes. If you prefer a firmer texture, bake an additional 5 minutes.

★★★★★ *Outstanding*

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**Yield:** 10 servings (serving size: 1 wedge)

**Total:** 2 Hours, 36 Minutes

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Recipe Time

Total: 2 Hours, 36 Minutes

### Nutritional Information

Amount per serving

Calories: 205

Fat: 12.9g

Saturated fat: 6.8g

Monounsaturated fat: 4.3g

Polyunsaturated fat: 0.8g

Protein: 7.3g

Carbohydrate: 15.4g

Fiber: 1.1g

Cholesterol: 113mg

Iron: 1.5mg

Sodium: 405mg

Calcium: 120mg

[Nutrition Guidelines for Healthy Living](#)

### Ingredients

Crust:

6 tablespoons butter, softened

2 tablespoons 1% low-fat milk

1/4 teaspoon salt

1 large egg yolk

5 3/5 ounces all-purpose flour (about 1 1/4 cups)

Filling:

1 tablespoon extra-virgin olive oil

1/2 cup thinly sliced green onions

3 cups fresh baby spinach

1 cup 1% low-fat milk

3/4 cup (3 ounces) grated smoked Gouda cheese

3/4 teaspoon salt

Dash of grated 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°.

3. Unwrap and place chilled dough on a lightly floured surface. Roll dough into a 10-

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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° for 35 minutes. Cut into 10 wedges.

Joanne Weir, *Cooking Light*  
AUGUST 2010

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## Ratings and Reviews (15)



Outstanding

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keliza7911

AMAZING! Didn't change a thing, this is wonderful!

**Outstanding** 09/28/11

JessicaLuu

If I could substitute using words in my review of this for moans of delight and satisfaction I would. This is delicious! I don't have words to describe it. The crust takes time and effort, but it's worth it. I plan on getting another pan, so I can make two and freeze one. DELISH!

**Outstanding** 09/20/11

Jen0575

Amazing!! Best quiche I have ever made! I loved the smoked Gouda. I cooked it a few extra minutes to firm it up to my liking, but other than that I did not change a thing. I can't wait to make it again.

**Outstanding** 07/20/11

CherCooks411

Simple, elegant, and absolutely delicious, this savory quiche would work well for breakfast, lunch, or dinner. Caveat: the

-serving size is miniscule. I sliced mine into sixths rather than tenths (nearly doubling the calories per serving). Would make for guests.

★★★★★ *Worthy of a special occasion* 07/09/11

OURuffles

I was going to make this during the holidays for my family and ran out of time to prep the crust, but it sounded so good we couldn't just drop the recipe. We used the filling of the quiche to make omelets. Breakfast was the only quiet moment (everyone was eating!!).

★★★★★ *Outstanding* 12/29/10

CreativeHolly

I made this using Feta and Parmesan in place of the Smoked Gouda. I also added fresh chives and dill! In addition I added a dash of onion powder for a burst of flavor! I also made it easier by using a store bought refrigerated crust. AWESOME! My hubby loves it. I brought it to a brunch recently and everyone wants the recipe! haha My hubby actually begged me not to bring it to the brunch so he would not have to share it. :-)

★★★★★ *Outstanding* 12/13/10

MeganS1

This recipe results in a very good quiche! I would not have known it was a light recipe. I added a tbpn. of bacon bits and should have reduced the salt a little. Can't wait to make it again, perhaps with some more spinach or a different type of cheese for a new twist.

★★★★★ *Outstanding* 10/11/10

LaurenLeBlanc

Fabulous!! Added an extra egg and was generous with the gouda and spinach. Used a store bought pie crust to save time. Easy and delicious! Not really sure about the light part....will save this to serve on special occasions or for guest.

★★★★★ *Outstanding* 10/01/10

Barbi904

Very tasty - tasted better the next day though. Yum

★★★★★ *Outstanding* 10/01/10

Iweiske

We had this as a breakfast for dinner meal, and it was extremely satisfying. It was my first quiche and turned out just delicious! We used a store bought pie crust and added 2 slices of crumbled Benton's bacon into the filling. I think this will go on our list of favorite breakfast recipes. Yum!

★★★★★ *Outstanding* 09/26/10

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COOKING METHOD: Bake | PUBLICATION: Cooking Light

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