



Spinach Quiche with Chicken

Oscar · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr 10 mins

Description

This chicken quiche recipe works very well. Add seasonings of your family's choice for more variety. Use ham, bacon, or whatever protein. This quiche needs flavor boosters, so use your spice cabinet. Easily make this a TexMex dish with diced green chiles and a touch of cumin. You could also add crumbled freshly cooked bacon for more flavor. I served this with sliced avocado and tomatoes for a perfect light dinner.

Ingredients

- 1 cup shredded Cheddar cheese - 1 (9 inch) unbaked pastry shell - 1 cup diced cooked chicken - 1 cup chopped fresh spinach - ½ cup chopped sweet onion (such as Vidalia®) - 3 large eggs - ¾ cup half-and-half - ½ cup mayonnaise - ¼ teaspoon salt - ? teaspoon ground black pepper - 1 pinch salt-free seasoning blend (such as Mrs. Dash)
- or to taste - 1 pinch herbes de Provence
- or to taste

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Sprinkle 1/4 cup Cheddar cheese into pastry shell. Mix together chicken
2. spinach
3. remaining 3/4 cup Cheddar cheese
4. and onion in a medium bowl; transfer mixture to pastry shell. Whisk together eggs
5. half-and-half
6. mayonnaise
7. salt
8. black pepper
9. seasoning blend
10. and herbes de Provence in a second medium bowl until well combined; pour over chicken mixture. Bake in the preheated oven until a knife inserted into the center comes out clean
11. 35 to 40 minutes. Let stand for 15 minutes before slicing and serving.