

Salmon and Swiss Chard Quiche

Savannah · 29/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

This is a crustless quiche with peppery Swiss chard smoked salmon and mushrooms Easy to make and delicious

Ingredients

- - cooking spray - 1 tablespoon olive oil - ½ bunch Swiss chard
- chopped - 1 ½ cups sliced button mushrooms - ½ cup chopped onion - 2 tablespoons smoked salmon - 3 large eggs - 1 ½ cups low-fat milk - ¼ teaspoon salt - ¼ teaspoon ground nutmeg - ½ teaspoon freshly ground black pepper - chopped fresh chives for garnish (Optional)

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Coat a 9-inch pie plate with nonstick cooking spray. Heat oil in a large skillet over medium heat. Add Swiss chard
2. mushrooms
3. and onion. Cook
4. stirring occasionally
5. until tender and most of the liquid has evaporated
6. about 10 minutes. Spread chard mixture on bottom of prepared pie plate. Break salmon into pieces and arrange evenly over chard. Whisk together eggs
7. milk
8. salt
9. nutmeg
10. and pepper in a bowl. Pour over salmon. Bake until a knife inserted in center comes out clean
11. 28 to 30 minutes. Cool about 10 minutes before cutting into wedges. Top with chives (if using).