

Cheese & Tomato Crustless Quiche

A high-protein, crustless quiche inspired by Mediterranean flavors and adapted for ingredients easily found in Japan. This version substitutes goat cheese with locally available options such as cream cheese and yogurt, keeping a creamy texture and bright, savory flavor balance.



Goat Cheese Substitution Options

Substitute	Amount	Notes
Cream cheese + plain yogurt (3:1 ratio)	75 g cream cheese + 25 g yogurt	Closest match to tang and texture.
Feta cheese (if available)	100 g	Saltier; reduce added salt by $\frac{1}{8}$ tsp.
Boursin-style soft cheese (garlic/herb)	100 g	Omit oregano if using herb type.
Oikos plain yogurt + grated Parmesan	80 g yogurt + 20 g Parmesan	Lighter and higher in protein.

Ingredients (Serves 6)

- 1 T oil from jarred sun-dried tomatoes
- 70 g coarsely chopped sun-dried tomatoes
- 2 medium shallots or $\frac{1}{2}$ small red onion, finely chopped ($\approx \frac{1}{2}$ cup)
- 3 medium garlic cloves, finely chopped (≈ 1 T)
- 2 tsp chopped fresh oregano (or 1 tsp dried)
- 140 g regular spinach leaves, roughly chopped
- 8 large eggs
- 80 ml soy milk or low-fat milk
- 80 ml plain yogurt (or half-and-half if preferred)
- 1 T spicy brown or Dijon mustard
- $\frac{1}{2}$ tsp cracked black pepper
- $\frac{1}{2}$ tsp salt
- 100 g goat cheese substitute ($\frac{2}{3}$ in mixture, $\frac{1}{3}$ on top)

Instructions

1. Preheat oven to 175°C. Lightly coat a 23 cm pie pan or shallow ceramic baking dish with oil or cooking spray.
2. Heat 1 Tbsp sun-dried tomato oil in a skillet over medium heat. Add shallots and sauté 2–3 minutes until softened. Add garlic, oregano, and sun-dried tomatoes; stir for 1 minute.
3. Add spinach and cook until wilted and moisture has evaporated (about 3 minutes). Set aside to cool slightly.
4. In a large bowl, whisk eggs, milk, yogurt, mustard, pepper, and salt. Fold in spinach mixture and $\frac{2}{3}$ of the cheese.

5. Pour mixture into prepared pan. Sprinkle remaining cheese on top. Bake 35–40 minutes until set and lightly browned around edges. Cover with foil if browning too quickly.
6. Let rest 10 minutes before slicing. Serve warm or at room temperature.

Optional Additions

- 1 T chopped fresh basil for brightness
- 2 T grated Parmesan for umami
- ½ tsp smoked paprika for a Mediterranean twist

Estimated Nutrition (Per Serving – Cream Cheese + Yogurt Option)

Calories: 245 kcal | Protein: 16 g | Fat: 17 g | Saturated Fat: 6 g | Carbohydrates: 7 g | Sugars: 3 g | Fiber: 1 g | Sodium: ~330 mg