

Spinach, Broccoli & Mushroom Crustless Quiche

A nutritious and colorful crustless quiche highlighting Japanese-available ingredients. This version uses fresh broccoli, mushrooms, and spinach for fiber and antioxidants. Greek yogurt or low-fat milk replaces half-and-half for a lighter but still creamy result.



Ingredients (Serves 6)

- 2 T extra-virgin olive oil
- 250 g sliced cremini or shimeji mushrooms
- 150 g fresh broccoli florets, cut into 1–1.5 cm pieces
- 1 small yellow onion, thinly sliced (80 g)
- 85 g spinach leaves (about 3 cups packed), coarsely chopped
- 1 T minced garlic (or 1 tsp garlic paste)
- 6 large eggs
- 120 ml soy milk or low-fat milk
- 2 T plain Greek yogurt (for creaminess)
- 1 T Dijon mustard
- ¼ tsp salt
- ¼ tsp black pepper
- 120 g shredded sharp Cheddar or mixture of Cheddar + Mozzarella

Instructions

1. Preheat oven to 190°C. Lightly coat a 23 cm pie pan or shallow baking dish with cooking spray or olive oil.
2. Heat 2 Tbsp olive oil in a large nonstick skillet over medium-high heat. Add mushrooms and cook 5–6 minutes until lightly browned.
3. Add broccoli and sliced onion; cook 4 minutes until onion is translucent and broccoli begins to soften.
4. Add spinach and garlic; stir 1–2 minutes until wilted. Remove from heat and let cool slightly.
5. In a large bowl, whisk eggs, milk, yogurt, mustard, salt, and pepper until smooth. Fold in the vegetable mixture and cheese.
6. Pour into the prepared baking dish and smooth the top. Bake 30–35 minutes, until the center is set and lightly golden around the edges.
7. Let rest 10 minutes before slicing. Serve warm or at room temperature.

Notes & Variations

- Use shimeji, maitake, or eringi mushrooms for local availability.
- A mix of Cheddar and Mozzarella gives creaminess and better melt.
- Substitute part of the broccoli with thin asparagus or green beans in spring.
- For extra umami, sprinkle a small amount of grated Parmesan before baking.

Estimated Nutrition (Per Serving)

Calories: ~230 kcal | Protein: 16 g | Fat: 15 g | Carbohydrates: 7 g | Fiber: 2 g | Sodium: ~280 mg