

Vegetarian Spinach & Cheese Quiches (With Crust & Without Crust)

Vegetarian Spinach & Cheddar Quiche

23-cm tart pan | Serves 6

Ingredients

- 1 pre-baked 23-cm quiche pastry (see Pastry Notes)
- 1 T olive oil
- 75 g onion, sliced
- 50 g ピーマン, diced (optional)
- 50 g mushrooms, sliced
- 250–300 g fresh spinach, cooked down and squeezed dry (120 g cooked)
- 120 g cherry tomatoes, halved and drained (optional)
- 1 T / 8–10 g all-purpose flour
- 2 tsp dried basil (or Italian seasoning)
- 5 large eggs
- 120 ml 7-11 糖質-75%オフ調整豆乳
- ½ tsp salt
- ¼ tsp ground black pepper
- 150 g shredded cheddar cheese



Instructions

1. Preheat oven to **175°C**. Blind-bake crust if not already done.
2. Heat **olive oil** in a skillet over **medium heat**. Sauté **onion**, **ピーマン**, and **mushrooms** until softened.
3. Add **spinach** and cook briefly to remove excess moisture. Remove from heat and cool slightly.
4. If using **tomatoes**, drain well and pat dry.
5. Whisk **eggs**, **soy milk**, **salt**, **pepper**, **basil**, and **flour** until smooth.
6. Spread half the **cheese** in the crust. Layer **vegetables** evenly on top. Add **tomatoes** if using.
7. Pour custard over filling. Top with remaining cheese.
8. **Bake 40–45 minutes** until set and lightly golden.
9. **Rest 10** minutes before slicing.

Notes

- Spinach is more reliable than zucchini for moisture control.
- Cherry tomatoes add color but may be omitted for a firmer quiche.
- Soy milk requires a higher egg count and a flour binder for structure.
- Cheddar provides better flavor than pizza cheese alone.

Nutrition (Approximate, per 1/6 quiche, including pastry)

Kcal: ~570 | Protein: 24 g | Fat: 35 g | Sat. Fat: 16 g | Carbs: 43 g | Sugars: 5g | Fiber: 4 g | Sodium: ~690 mg

Pastry Nutrition Included

Pastry basis: 245 g flour, 113 g butter, 1 egg + 1 yolk, water and salt. Pastry contributes approximately 55–60% of total calories.

Crustless Vegetarian Spinach & Cheddar Quiche

23-cm dish | Serves 6

Ingredients

- 1 T olive oil (for sautéing + greasing dish)
- 75 g onion, sliced
- 50 g ピーマン, diced (optional)
- 50 g mushrooms, sliced
- 250–300 g fresh spinach, cooked down and squeezed dry (≈120 g cooked)
- 120 g cherry tomatoes, halved and well drained (optional)
- 1½ T / 12 g all-purpose flour
- 5 large eggs
- 180 ml 7-11 糖質-75%オフ調整豆乳
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 tsp dried basil (or Italian seasoning)
- 150 g shredded cheddar cheese



Instructions

1. Preheat oven to **175°C**. Lightly oil a 23-cm baking dish.
2. Heat **olive oil** in a skillet over **medium heat**. Sauté **onion**, **ピーマン**, and **mushrooms** until softened.
3. Add **spinach** and cook briefly to drive off moisture. Remove from heat and cool slightly.
4. If using **tomatoes**, drain well and pat dry.
5. In a bowl, whisk **eggs**, **soy milk**, **flour**, **salt**, **pepper**, and **dried basil** until smooth.
6. Stir half the **cheese** into the egg mixture.
7. Fold in the cooked **vegetables**. Pour mixture into the prepared dish.
8. Scatter **tomatoes** on top (if using) and sprinkle with remaining **cheese**.
9. **Bake 40–45 minutes** until fully set and lightly golden.
10. **Rest 10–15** minutes before slicing.

Notes

- Crustless quiche relies on eggs, flour, and cheese for structure.
- Extra soy milk improves tenderness but requires a higher flour amount.
- Tomatoes are optional and should remain on top to avoid wateriness.
- This version reheats and freezes better than crusted quiche.

Nutrition (Approximate, per 1/6 quiche)

Kcal: ~370 | Protein: 25 g | Fat: 24 g | Sat. Fat: 11 g | Carbs: 15 g | Sugars: 4 g | Fiber: 3 g | Sodium: ~570 mg