



Light and Fluffy Spinach Quiche



Prep	Cook	Ready In
20 m	1 h	1 h 20 m

allrecipes!

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"Very tasty and fluffy quiche. Easy to prepare. You'll love it. The spinach can be substituted for any fresh or frozen vegetable."

Ingredients

1/2 cup light mayonnaise	1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1/2 cup milk	1/4 cup chopped onion
4 eggs, lightly beaten	1 (9 inch) unbaked pie shell
8 ounces shredded reduced-fat Cheddar cheese	

Directions

- 1 Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with foil.
- 2 In a large bowl, whisk together mayonnaise and milk until smooth. Whisk in eggs. Layer spinach, cheese, and onion in pie shell, making several layers of each. Pour in egg mixture. Place quiche on prepared cookie sheet. Cover quiche with foil.
- 3 Bake in preheated oven for 45 minutes. Remove cover, and bake 10 to 15 minutes, or until top is golden brown and filling is set.

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Kraft Mayo Mayonnaise
Real Mayo
\$2.49 - expires in a month

Lactaid Milk 100%
Lactose Free Fat Free
Calcium Enriched
\$3.99 - expires in a month

Horizon Organic Milk
1% Lowfat
\$4.99 - expires in a month

O Organics Milk Fat Free
\$5.99 - expires in 4 days