

Savory Mushroom and Spinach Quiche

A comforting and flavorful single-serving quiche featuring earthy mushrooms and fresh spinach in a flaky crust, perfect for a light lunch or dinner.



Main Dish

35 min

Total time

Easy

Difficulty

340

kcal / serving

Ingredients

- 1 small pie crust (about 4 inches)
- 1/2 cup fresh spinach, chopped
- 1/3 cup mushrooms, sliced
- 1/4 cup shredded mozzarella cheese
- 1 large egg
- 1/4 cup milk
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 teaspoon olive oil

Steps

- 1 Preheat oven to 375°F (190°C).
- 2 Heat olive oil in a small skillet over medium heat. Sauté mushrooms until tender, about 3-4 minutes. Add spinach and cook until wilted, about 1 minute. Remove from heat.
- 3 In a bowl, whisk together egg, milk, salt, pepper, and garlic powder.
- 4 Place pie crust in a small tart or pie dish.
- 5 Spread sautéed mushrooms and spinach evenly over the crust.
- 6 Sprinkle shredded mozzarella on top.
- 7 Pour egg mixture over the fillings.
- 8 Bake for 20-25 minutes, or until the filling is set and the crust is golden brown.
- 9 Let cool for 5 minutes before serving.