

Spinach Feta Quiche

- One whole wheat or white bottom crust - Maple Lane Bakery's are the best (located in the freezer case at Good Food Store)
- 6 eggs
- One small box of frozen spinach, thawed and with the excess liquid squeezed out
- One block of herb or basil/tomato feta cheese - you'll use about half of it
- Two cloves of garlic, minced (more or less if you love it or hate it)
- One small container creme fraiche (a french sour cream - richer than regular sour cream) this is also at the Good Food Store, located in the dairy area, I think... you'll only use about half but this stuff keeps a long time and you can add it to mashed potatoes, cake, etc.
- One small container marscapone cheese - you'll use about half of it. I did add this to your quiche... I had originally intended to use it in a pumpkin pie, but never did. It's another dairy product you can keep around a good long time. It's great to mix with your cheeses in lasagna.
- a little milk

(As you've noticed, this is a way-rich recipe. If you want to tone it down, you can use just creme fraiche or just marscapone and use milk as a replacement for whichever one you don't use)

Cooking instructions:

- Preheat oven to 400 degrees
- Heat some olive oil or butter in a medium frying pan. Add minced garlic and let simmer for a minute. Then add drained/squeezed spinach. Heat just long enough to combine flavors, then set aside.
- Crack your eggs into a large mixing bowl, add salt and pepper and whatever other spice you think might be interesting (cayenne, oregano, parsley). Beat well.
- Add your creme fraiche (half of the small container, about 3-4 dollops) and your marscapone (about the same amount) to the eggs. Add a little milk - maybe about 1/8 cup. If you want to substitute milk for the creme fraiche or marscapone, add an additional 1/2 cup. Blend all together.

Add your spinach mixture to the bowl - stir with fork. Pour into pie shell (hopefully this will all fit... my memory isn't too sharp on the amounts - if there's too much filling, you can always freeze the remaining amount or use it in an omelette). Cut your feta block in half and crumble one half into the pie.

Bake at 400 for 10 minutes, then reduce heat to 325 degrees for 30-40 minutes, checking during the last ten minutes to test firmness (poke it in the middle with a butter knife) - you don't want it to get too dry. Remove from oven - cool for 10 minutes before cutting and serving. Good cold or re-heated.