

Crustless quiche recipe

Oil or cooking spray (for the ramekins)
6 ounces Gruyere or Emmenthal cheese
1 tablespoon olive oil
1 large leek, finely sliced (white part only)
1 1/2 cups small ham cubes (from an 8-ounce ham steak)
3 cups packed baby spinach leaves (6 ounces)
4 eggs
2 cups whole milk
1 tablespoon flour
1/8 teaspoon black pepper

1. Set the oven at 350 degrees. Lightly oil six 1-cup ramekins. (Cooking spray works the best). Have on hand a baking sheet.
2. Grate 1/2 cup of the cheese. Cut the remaining cheese into small cubes.
3. In a large skillet over medium heat, heat the oil. Add the leeks and cook, stirring often, for 5 minutes, or until softened. Add the ham and spinach, and cook for 2 minutes, or until the spinach wilts. Set aside to cool, and stir in the cheese cubes.
4. In a blender, pulse the eggs, milk, flour and pepper, until smooth.
5. Set the ramekins on the baking sheet. Divide filling evenly among the ramekins. Pour the egg mixture over the filling and sprinkle with the grated cheese.
6. Bake for 35 to 40 minutes, or until golden. Serve warm or at room temperature.

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