

# Betty's Super Spinach Feta Quiche



Uploaded on 27 Mar 2011

In this video, Betty demonstrates how to make a Super Spinach Feta Quiche. This quiche uses a premade pie crust for simplicity, and it is filled with a great mixture of eggs, milk, butter, spinach and feta cheese. It bakes in the oven for a short time, making a quick and dramatic treat.

## Ingredients:

- 1 unbaked standard pie crust, rolled into a circle (I used a premade refrigerated pie crust, but you will find recipes for pie crusts in bettyskitchen, such as Plain Pie Crust.)
- 3 eggs, well-beaten
- 1 cup milk
- ¼ cup butter, melted
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon ground white pepper
- 9-oz. package frozen chopped spinach, thawed and well-drained. (I used a paper towel to squeeze the spinach dry after draining.)
- 4-oz. crumbled feta cheese

Place the unbaked pie crust in a quiche dish or a 9-inch pie plate, pressing until the edges of the pie crust come up the sides to the top. Flute the top edge, if desired. With a fork, prick bottom and sides of pie crust. Place the pie crust in a 400 degree (F) oven and bake for 6 to 8 minutes, until golden. Remove from oven and set aside. Reduce oven heat to 375 degrees (F). In a large mixing bowl, combine 3 well-beaten eggs, 1 cup milk, ¼ cup melted butter, 2 tablespoons flour, ½ teaspoon salt, and ¼ teaspoon white pepper. Whisk or stir with a large spoon, until mixture is combined. Stir in a 9-oz. package of frozen chopped spinach (thawed and drained) and 4-oz. crumbled feta cheese. Pour mixture into baked pie crust. Place foil around edges to protect the crust from over-browning, if crust is already brown. Bake quiche at 375 degrees (F) for 25 minutes, or until a knife inserted in the center comes out clean. Let quiche sit in pan for 10 minutes. Cut into wedges and serve while hot. This is a quick and easy dish that is also tasty and impressive! I hope you enjoy it! --Betty ☐