

MINI SPINACH AND PROSCIUTTO QUICHES

Makes 12.

By Dennis W. Viau; modified from a recipe in *Everyday Keto* by Publications International, Ltd.

Besides being delicious, these no-crust quiches are low in carbohydrates (3 net carbs per serving) are high in fat from cheese. Although I prefer to make quiche with Gruyère cheese, you can substitute with mozzarella. For a keto diet, try to find full-fat dairy.



Ingredients:

3 slices prosciutto, diced, or three regular slices of bacon
12 ounces fresh spinach (or 10 ounces frozen, thawed and squeezed of excess moisture), see below
½ small onion, diced
1 tablespoon pure olive oil, if needed
½ teaspoon freshly ground black pepper
¼ teaspoon freshly grated nutmeg
Pinch of salt, or to taste
1 15-ounce (425g) container ricotta cheese
2 cups (8 ounces/230g) shredded Gruyère cheese
1 cup (4 ounces/215g) grated Parmesan or Romano cheese
3 large eggs

Directions:

Heat your oven to 350°F (175°C). Spray a standard muffin tin (12 cups) with nonstick cooking spray.

If using bacon, brown until crisp and then transfer to paper towels, leaving the fat in the skillet. Crumble the bacon when cool.

Rinse the fresh spinach and place in the skillet. Cook over medium heat, covered, until wilted, turning over once or twice. Transfer to paper towels, let cool, then squeeze out excess moisture (which is easily done in a potato ricer). Or use frozen spinach that is thawed and squeezed.

While the spinach is cooling, place the chopped onion and diced prosciutto (if using) in the skillet with a tablespoon of olive oil. Sauté over medium heat until the onion is translucent and tender, about 5 minutes. Return the spinach to the pan. (If desired, the spinach can be lightly chopped.) Add the pepper, nutmeg, and salt. Cook, stirring frequently about 3 minutes to evaporate additional moisture. Remove from the heat, add set aside to cool.

Transfer the spinach mixture to a large bowl. Add the cheeses (and crumbled bacon, if using) and mix well. Taste and adjust for salt. In a separate bowl, whisk the eggs, then add to the spinach/cheese mixture. Mix well. Spoon into the prepared muffin tin, dividing equally among the 12 cups.

Bake 20 to 30 minutes or until the eggs are set. If you have an instant read thermometer, check the quiches near the end of the cooking time. The internal temperature should be at least 165°F (74°C) but not more than 185°F (85°C). Remove from the oven and let cool in the tin 10 minutes, then carefully separate the quiches from the pan by running a knife around the edges. Transfer to a serving plate. Can be enjoyed as a snack, appetizer, or as breakfast.