

Spinach Artichoke Quiche

2 9 inch (23 cm) frozen pie crusts, defrosted but kept in fridge (or pie crust dough placed into pans)

14 ounce (400 grams) frozen spinach, defrosted

14 ounces (400 grams) frozen artichoke hearts, defrosted and microwaved till tender OR canned artichokes

7 ounces (200 grams) sour cream

8 ounces (225 grams) plain cream cheese

5 large eggs

1 teaspoon salt

Pinch of black pepper

2 cups grated cheese, Edam or cheddar or mozzarella

Directions:

Keep defrosted pie crusts in the fridge to stay cold but not frozen and preheat oven to 375 F/190 C.

Chop cooked artichoke hearts into bite sized pieces. Squeeze out defrosted spinach (must be done or quiche will be watery).

In a bowl, whisk together eggs, sour cream, cream cheese, salt and pepper until smooth and no lumps remain.

Remove pie crusts from fridge and evenly divide artichokes and spinach between them.

Pour half the egg mixture into each pie, on top of artichokes and spinach and divide cheese in half, one cup per pie, and sprinkle on top of each pie.

Bake 375F/190C for 40-45 minutes or till browned on top and not jiggly. Let sit about 10 minutes, slice and serve.