

# Onion Cheese Quiche

Recipe By *Brynie Greisman*



**Cooking and Prep:**  1  
h 20 m

**Serves:**  12

**Contains:**    

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Shavuot, Nine  
Days

**Diet:** Vegetarian, Pescetarian,  
Low Fat, Sugar Free

**Source:** Family Table by  
Mishpacha Magazine

One simple recipe with two equally delicious variations. I love that there is no hard cheese in it whatsoever and no heavy cream. Low fat, healthful, tasty, filling, and easy. Literally, everything you want in a recipe. And it freezes well too.

## Ingredients (9)

### Main ingredients

- 2 onions, diced
- 1/4 cup oil
- 6 eggs
- pinch thyme

- pinch **Gefen Basil**
  - salt, to taste
  - 2.2 pounds (1 kilogram) low-fat cottage cheese (I used 3%)
  - 2 and 1/2 cups rice crispies, brown rice preferred
  - 1/3 cup **Shibolim Spelt Flour**
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## Start Cooking

### Prepare the Quiche

Yields 2 quiches, 6–8 servings each

1. Sauté onions over medium heat for at least 20 minutes, until golden brown, stirring often. Preheat oven to 350°F (180°C).
2. Transfer onions to a large bowl. Add eggs one at a time and mix until well incorporated. Add seasoning and cheese and mix altogether. Adjust seasoning to taste.
3. Divide mixture in half. To one half add the rice crispies. To the other half add the spelt flour. This way you have both varieties to sample at the same time. (If you decide to make just one version of the recipe, double either the rice crispies or the spelt flour and omit the other one.)
4. Place each mixture in a 9-inch round pan sprayed with oil spray. Bake for 55 minutes or until golden and crispy.

#### Note:

I used just two tablespoons oil for sautéing and subbed two tablespoons unsweetened applesauce for the rest of the oil, mixed into the quiche. Creamy and yum.

#### Tip:

You can sub two tablespoons pareve chicken soup powder, MSG-free, for the thyme and basil, and whole wheat pastry flour for the spelt flour. Also, you can sauté your onions in advance and freeze. I do this all the time and it's a great time-saver. Just label how many onions there are in each bag or container.

#### Credits

Photography: Hudi Greenberger

Styling: Renee Muller and Janine Kalesis