

# Crab Quiche

Connie Hopkins

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 6

*nine-inch unbaked pie shell*  
*6 slices bacon, fried and crumbled*  
*1 cup imitation crab, cut up*  
*1 can (4-1/2 ounce) sliced mushrooms*  
*1 medium onion, cut up*  
*1 tablespoon flour*  
*1/2 teaspoon salt*  
*1/4 teaspoon garlic powder*  
*2 eggs, beaten*  
*1 1/2 cups shredded Swiss or Cheddar cheese*  
*1 cup evaporated milk*

Preheat the oven to 450 degrees.

Bake the shell for about 5 minutes. Remove from the oven.

Reduce the heat to 325 degrees.

In a bowl, mix the bacon, mushrooms, cheese, crab, onion, flour, salt and garlic. Add the eggs and milk. Mix well.

Pour the mixture into the pie crust.

Bake for one hour.

Cool for 10 to 15 minutes.

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Per Serving (excluding unknown items): 173 Calories; 9g Fat (44.7% calories from fat); 12g Protein; 12g Carbohydrate; 1g Dietary Fiber; 96mg Cholesterol; 679mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.