

Crabmeat Quiche

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*1 can (6-1/2 ounce)
crabmeat
2 large eggs
1 cup light cream
1/4 teaspoon salt
1 teaspoon grated onion
3 ounces Swiss cheese,
grated
3 ounces Gruyere cheese,
grated
1 tablespoon flour
frozen pie shell*

Preheat the oven to 400 degrees.

Remove one pie shell from the wrappings. Let thaw completely until the crust is pliable. Rework the edge into a higher fluting or remove the crust from the foil pan and place in a deep pan of your own. Prick the sides and bottom of the crust slightly. Place an extra pie pan on top of the crust.

Bake for 10 minutes. Remove from the oven and set aside while making the filling.

Flake the crabmeat.

Decrease the oven temperature to 375 degrees.

In a bowl, beat together the eggs, cream and seasonings. Add the crabmeat, Swiss cheese, Gruyere cheese and flour. Pour into the baked shell.

Bake for about 30 to 45 minutes, until set.

Per Serving (excluding unknown items): 1435 Calories; 109g Fat (68.4% calories from fat); 94g Protein; 19g Carbohydrate; trace Dietary Fiber; 859mg Cholesterol; 1671mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 15 1/2 Fat; 1/2 Other Carbohydrates.