

Ham Quiche

Riverside Bank (Georgia) Cookbook

1 piecrust, unbaked

1 cup ham pieces, chopped

1 1/2 cups Swiss cheese (OR 3/4 cup Swiss and 3/4 cup Cheddar), grated

5 beaten eggs

1 1/2 cups Half-and-Half, fat free

dash Onion or Garlic powder (optional)

Preheat oven to 350 degrees.

Prebake piecrust for five minutes.

Place ham pieces in crust and cover with cheese. Mix all other ingredients together. Pour over ham pieces in pie shell.

Bake for 35-40 minutes or until knife inserted into custard comes out clean.

Per Serving (excluding unknown items): 240 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 36g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 359mg Sodium. Exchanges: 3 Non-Fat Milk.