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# Crustless Salmon Quiche

*Deb Dick*

*Nettles Island Cooking in Paradise - 2014*

**1 can (15-1/2 ounce) salmon, drained and flaked**

**1 cup Swiss cheese, shredded**

**1/2 cup onion, chopped**

**2 tablespoons all-purpose flour**

**4 eggs**

**1 cup milk**

**3/4 teaspoon salt**

**1/8 teaspoon pepper**

In a bowl, toss the salmon, cheese and onion with the flour. Spread the mixture in a greased nine-inch pie plate.

In a bowl, beat the eggs slightly. Beat in the milk, salt and pepper. Pour the egg mixture over the salmon mixture.

Bake, uncovered, in a 350 degree oven until a knife inserted in the center comes out clean, 35 to 40 minutes.

Let stand 10 minutes before cutting.

## **Seafood**

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*Per Serving (excluding unknown items): 1058 Calories; 62g Fat (53.8% calories from fat); 85g Protein; 36g Carbohydrate; 2g Dietary Fiber; 1029mg Cholesterol; 2353mg Sodium. Exchanges: 1 Grain(Starch); 9 1/2 Lean Meat; 1 Vegetable; 1 Non-Fat Milk; 6 1/2 Fat.*