
Asparagus Quiche II

Linda Winzeler - Hudson's Toledo

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

unbaked nine-inch deep-dish pie shell

2/3 cup milk

2/3 cup half-and-half

1/2 cup finely chopped onion

1 teaspoon salt

1/4 teaspoon nutmeg

dash pepper

3 eggs, slightly beaten

4 ounces (1 cup) shredded Swiss cheese

1 package (10 ounce) frozen 5-minute asparagus, thawed

Preheat the oven to 400 degrees.

Bake the pie shell for 6 to 8 minutes.

In a saucepan, combine the milk, half-and-half, onion, salt, nutmeg and pepper. Heat to boiling. Reduce the heat. Simmer for 1 minute. Stir the hot mixture slowly into the beaten eggs in a medium bowl.

Sprinkle 2/3 of the cheese into the partailly baked pie shell. Arrange the asparagus over the cheese, trimming the spears, if necessary. Pour the egg mixture over the asparagus. Sprinkle with the remaining cheese.

Bake for about 20 to 25 minutes or until a knife inserted in the center comes out clean.

(Ten ounces of fresh, blanched asparagus can be substituted for the frozen.)

Breakfast

Per Serving (excluding unknown items): 343 Calories; 24g Fat (63.8% calories from fat); 26g Protein; 5g Carbohydrate; trace Dietary Fiber; 179mg Cholesterol; 600mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.