
Salmon Quiche II

Stephanie Brenner - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 nine--inch unbaked pie shell
1 small onion, finely chopped
2 tablespoons margarine
2 cups salmon, cooked and flaked
3 eggs
1 cup whole milk (or light cream)
1/8 teaspoon pepper
1/8 teaspoon nutmeg
salt (optional)
2 rings tomato (for topping) (optional)

Preheat the oven to 325 degrees.

Prick air holes in the pie crust. Bake for 10 minutes. Set aside.

Raise the oven heat to 350 degrees.

In a skillet, fry the onions until soft. Set aside. In a bowl, flake the salmon. Add the onions and margarine. Combine. Place the mixture into the pie crust.

In a bowl, combine the eggs with the milk and seasonings. Mix with a whisk. Pour over the salmon.

Bake for 30 to 40 minutes. Set aside for at least 5 minutes.

Optionally add two rings of a tomato on the top and bake for 10 minutes.

Breakfast

Per Serving (excluding unknown items): 1018 Calories; 54g Fat (49.2% calories from fat); 115g Protein; 11g Carbohydrate; 2g Dietary Fiber; 882mg Cholesterol; 797mg Sodium. Exchanges: 0 Grain(Starch); 15 1/2 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat.