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# Seafood Quiche

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**1 nine-inch pastry shell, unbaked**  
**2 tablespoons green onion, minced**  
**2 to 3 tablespoons butter**  
**1 cup cooked crab, lobster or shrimp**  
**3 eggs**  
**1 cup cream**  
**1/4 teaspoon salt**  
**pepper**  
**1/4 cup Swiss cheese, grated**

In a skillet, saute' the onions in butter. Add the fish and cook for 2 minutes more.

In a bowl, beat the eggs, cream and seasoning. Add the cheese, fish and onion. Mix well. Pour into the pastry shell.

Bake at 375 degrees for 25 to 30 minutes.

Yield: 4 to 6 servings

## **Breakfast**

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*Per Serving (excluding unknown items): 2541 Calories; 266g Fat (92.8% calories from fat); 35g Protein; 11g Carbohydrate; trace Dietary Fiber; 1368mg Cholesterol; 2780mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 51 Fat.*