
Spinach Quiche IV

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1 nine-inch pastry shell
1/2 cup grated Swiss cheese
1 1/2 cups cream style cottage cheese
1/3 cup light cream
4 eggs
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/8 teaspoon nutmeg
1 package (12 ounce) frozen chopped spinach, cooked and drained
2 tablespoons chopped chives
1 tablespoon butter
1 small onion, sliced paper thin

Preheat the oven to 450 degrees. Bake the pastry shell for 5 to 6 minutes.

Reduce the heat to 375 degrees.

Sprinkle cheese over the bottom of the shell.

In a bowl, beat the cottage cheese, cream, eggs, salt, pepper and nutmeg together to blend well. Stir in the spinach and chives. Pour into the shell.

In a saucepan, heat the butter. Saute' the onion until golden. Spoon over the cheese mixture.

Bake for 45 minutes at 375 degrees until the filling is set.

Serve hot.

Yield: 4 to 6 servings

Breakfast

Per Serving (excluding unknown items): 708 Calories; 48g Fat (59.2% calories from fat); 42g Protein; 33g Carbohydrate; 16g Dietary Fiber; 931mg Cholesterol; 3966mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 5 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates.