
Stono River Crab Quiche

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Party Recipes from the Charleston Junior League - 1993

Servings: 8

If you wish to use the quiche as a party appetizer at a stand-up party, bake it in individual tart shells.

1 cup cottage cheese

1/2 teaspoon salt

3 eggs

1 tablespoon white wine

2 cups fresh crab lumpmeat, picked over and shells discarded

1 cup grated Swiss cheese

1 nine-inch deep-dish pastry shell, unbaked

Preheat the oven to 350 degrees.

Place the cottage cheese, salt, eggs and white wine in a blender. Blend at high speed until the mixture is creamy, about 2 minutes.

Transfer the egg mixture to a large bowl. Stir in the crabmeat.

Sprinkle 1/2 cup of the grated cheese over the bottom of the pastry shell and pour in the egg mixture.

Bake until the top is golden brown, about 45 minutes.

Sprinkle the remaining cheese over the top of the quiche. Return the pan to the oven just long enough to melt the cheese, about 5 minutes.

Appetizers

Per Serving (excluding unknown items): 54 Calories; 2g Fat (42.2% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 82mg Cholesterol; 274mg Sodium. Exchanges: 1 Lean Meat; 0 Fat.