

CRAB QUICHE

4 large eggs (2 oz.)

2 cup light cream or half and half

1/3 cup minced onion

1 t. salt

1/8 t. cayenne red pepper

1 6 or 7 oz. can crabmeat, drained and cleaned, (I use lump which you can tell because it is more expensive than claw) (You can use more expensive crab if you like, but this is yummy.)

1 cup shredded cheese, (Swiss, cheddar or mozzarella, you can mix them too I guess) (I always use Swiss)

Prepare a 9"inch pie crust (I use Pillsbury.) (Watch out for the edges, cause the filling may leak out if you do not keep the edges up high enough.)

Beat eggs until blended,(I use a whip) add, cream, onion, salt and cayenne red pepper.

Pat crabmeat dry. Sprinkle crabmeat and cheese in the pie shell. Pour egg mixture over crabmeat and cheese,

Bake at 425 degrees for 15 minutes. Reduce oven temperature to 300? degrees bake 30 minutes more or until an inserted knife come out clean.

Let stand for 15 minutes before cutting. Serves 8 Yummy