



Crab Quiche

Serves 4

Ingredients

- 1 pie crust pastry (large enough to line 10" pie plate or quiche pan)
- 1 c. blue crab meat
- 1 c. monterey jack cheese, shredded
- 1/2 c. green onions, sliced
- 6 eggs
- 1 c. light cream
- 2 tbsp. flour
- 1/2 tsp. salt
- 1/4 tsp. tabasco

Directions

- Roll out pastry and line baking dish.
- Pierce with fork and flute edges.
- Mix crab, cheese, onion, flour and seasoning and spread on pastry.
- Beat eggs well, then beat in cream.
- Pour beaten mixture into baking dish.
- Bake 55 to 60 minutes until set.