

SMOKED SALMON QUICHE

Eggs, Fish, Salmon

Difficulty: Easy **Source:** Brunch Basket/Joan Roy

INGREDIENTS

- 1 prepared pie crust
- 3 T. chopped shallot scallion, or onion
- 1/2 c. mushrooms sliced and sauteed
- 3 T. butter
- 4 or 5 eggs (or 3 whole eggs and 3 or 4 egg whites)
- 1 1/2 c. half and half (or even low-fat milk)
- 1 c. Swiss cheese grated (or 1/2 c. Swiss & 1/2 c. fresh Parmesan or 1/2 c. cheddar)
- 1 t. salt
- 1/8 t. fresh ground pepper
- 1/8 t. fresh ground nutmeg
- 2 T. salmon minced
- 6-8 strips of sliced smoked salmon

DIRECTIONS

Roll out the pie crust, put it in a pie pan, cover it with foil, weight it with beans, and prebake it for about 10 minutes. (Optional)

Saute shallot, scallion, or onion in butter for 3 minutes. Add mushrooms and any other vegetables, which require sauteing and cook until barely tender. Cool.

Mix together eggs, cream, salt, pepper, nutmeg, and minced smoked salmon. (Refrigerate if not using immediately.)

(All of the above can be done ahead, and then assembled, just before you are ready to put it in the oven.)

Spread mushrooms and onions on bottom of crust. Pour egg mixture over vegetables. Bake at 375 F. for 40-50 minutes, until set. When you take the quiche out of the oven, arrange the salmon

slices so each piece will have a slice of salmon on the top. This will cook the salmon slightly. let stand for about 5 minutes before serving.

This is also good with crab meat, shrimp, or lobster.