

Asparagus and Crab Quiche

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Crabmeat and Asparagus Quiche is a delicate and elegant way to serve up any meal, and you will be surprised by just how easy this dish is to prepare! Fold crab meat and asparagus into a delicate egg and cheese mixture and bake to perfection. Serve with a side of fruit salad for an elegant brunch, or with a glass of white wine for a memorable dinner for two.

Ingredients:

3 eggs
1 3/4 c. milk
1 c. cooked crabmeat, chopped
1 bunch asparagus, cut into 1/2-inch pieces
1/4 c. Parmesan cheese
1/2 tsp salt
1/2 tsp black pepper
1/4 tsp ground nutmeg

Directions:

1. Preheat oven to 350 degrees F. Lightly grease an 8x8-inch baking dish and set aside.
2. In large pot, with steamer insert, steam asparagus until just tender. Set aside.
3. In large bowl whisk together eggs and milk. Add salt, pepper, nutmeg, and cheese. Fold in asparagus and crabmeat, and mix until just combined.
4. Pour into prepared baking dish and bake, uncovered, 45-55 minutes, until eggs are set.

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