

Lobster Quiche

Helen Palecki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

2 tablespoons flour
2 eggs, beaten
1/2 cup mayonnaise
1/2 cup milk
2 cups cooked lobster meat,
cut up
1 cup Swiss cheese, diced
1/4 cup sliced green onions
OR scallions
1 refrigerated unbaked pie
crust

In a bowl, combine the flour, eggs, mayonnaise, milk, lobster meat, Swiss cheese and green onions. Mix well.

Line a large pie pan with a good rolled crust.

Turn the filling mixture into the pie crust.

Bake in a 350 degree oven for 40 minutes or until done (test with a knife in the center).

Per Serving (excluding unknown items): 1779 Calories; 140g Fat (69.8% calories from fat); 111g Protein; 26g Carbohydrate; trace Dietary Fiber; 792mg Cholesterol; 2222mg Sodium. Exchanges: 1 Grain(Starch); 14 Lean Meat; 1/2 Non-Fat Milk; 13 Fat.