
Onion Quiche

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 cup Ritz crackers, crushed
1/4 cup butter, melted
2 cups onions, chopped
1 cup milk
2 eggs
salt
pepper
1/2 cup sharp Cheddar cheese, grated
parsley
paprika

Roll out one cup of the Ritz crackers.

In a skillet, saute' the onions in butter. Add to the cracker crumbs. Pat the crumbs into the bottom and sides of a nine-inch pie tin.

In a bowl, mix the milk, eggs, salt and pepper. Pour the mixture into the prepared pie pan. Sprinkle the cheese, parsley and paprika on top.

Bake at 350 degrees for 30 minutes.

Yield: 4 to 6 servings

Breakfast

Per Serving (excluding unknown items): 1054 Calories; 83g Fat (70.3% calories from fat); 39g Protein; 40g Carbohydrate; 6g Dietary Fiber; 641mg Cholesterol; 1089mg Sodium. Exchanges: 3 1/2 Lean Meat; 5 Vegetable; 1 Non-Fat Milk; 14 Fat.