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# Quiche Lorraine III

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

*In this recipe, you can substitute 6-1/2 ounces of tuna, Swiss cheese, one tablespoon of lemon juice, one teaspoon of chives and shrimp or whatever. Be creative! You can always add additional cheese to the top when almost done.*

**1/2 pound bacon (or 3/4 pound sausage)**

**1/2 cup onion, sliced**

**1/2 cup your favorite cheese, grated**

**1 tablespoon flour**

**2 eggs, beaten**

**1 cup evaporated milk**

**1 tablespoon parsley**

**3/4 teaspoon seasoned salt**

**1/4 teaspoon garlic salt and pepper**

**1 nine-inch unbaked pie shell**

Fry the bacon or sausage. With a slotted spoon, transfer the bacon or sausage to paper towels to dry. Drain.

In the same skillet, saute' the onion in a little butter.

In a bowl, combine the bacon or sausage, onion, cheese and flour. Spread the mixture in the unbaked pie shell.

In a bowl, combine the eggs, evaporated milk, parsley, seasoned salt and garlic salt and pepper. Mix well. Pour over the meat mixture in the pie shell.

Place in the oven on a cookie sheet. Bake at 350 degrees for 45 minutes or until set.

## Breakfast

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*Per Serving (excluding unknown items): 550 Calories; 29g Fat (48.0% calories from fat); 32g Protein; 40g Carbohydrate; 2g Dietary Fiber; 498mg Cholesterol; 1437mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.*