

# Sausage Quiche

Jyce Merkel

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 12

*1 package butterflake rolls*  
*1/2 pound pork sausage*  
*1 1/2 cups cottage cheese*  
*3 eggs*  
*1 teaspoon chopped*  
*parsley*  
*dash salt*  
*dash pepper*  
*1/2 cup grated Parmesan*  
*cheese*

Preheat the oven to 375 degrees.

In a skillet, cook the sausage. Drain.

Roll out the rolls. Press them into the bottom of muffin cups.

In a bowl, combine the sausage, cottage cheese, eggs, parsley, salt, pepper and cheese. Mix well and blend together.

Fill the muffin cups with the sausage mixture.

Bake for 20 minutes.

(Can be frozen.)

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Per Serving (excluding unknown items): 138 Calories; 10g Fat (69.1% calories from fat); 9g Protein; 1g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 320mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1 1/2 Fat.