
Spinach Quiche III

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

1 ten-inch pie shell, unbaked
1 egg white, slightly beaten
1 envelope (1-3/4 ounce) dry onion soup mix
3 tablespoons flour
1 package (10 ounce) frozen chopped spinach, cooked and drained
1/2 pound boiled ham, cubed (or cooked bacon, diced)
1/2 pound Swiss cheese, grated
1 whole egg
1 egg yolk
2/3 cup half-and-half

Brush the pie shell with egg white. Cover and refrigerate.

Preheat the oven to 375 degrees.

In a large bowl, combine the onion soup mix with the flour. Add the drained spinach, ham and one cup of cheese. Mix well.

In a small bowl, beat the whole egg, the egg yolk and cream until well mixed. Spoon the spinach mixture into the pastry and top with the remaining cheese. Spoon the egg mixture on next.

Bake at 375 degrees for 45 minutes or until nicely brown and puffy.

Let cool slightly to "set up".

Yield: 6 to 8 servings

Breakfast

Per Serving (excluding unknown items): 1991 Calories; 122g Fat (54.6% calories from fat); 103g Protein; 126g Carbohydrate; 18g Dietary Fiber; 608mg Cholesterol; 2211mg Sodium. Exchanges: 6 1/2 Grain(Starch); 9 1/2 Lean Meat; 3 1/2 Vegetable; 18 Fat.