



*This luscious quiche will be  
a huge hit.*

*Millie*

## Salmon Quiche

### CRUST

3/4 cup whole wheat pastry flour

1/4 cup olive oil

2 tablespoons ice water

### FILLING

9 ounces drained, canned salmon, flaked

4 ounces Swiss cheese, shredded

3 eggs, beaten

2/3 cup nonfat dry milk

1 - 1/3 cups water

1 tablespoon dried chives

1 teaspoon sherry extract

1 teaspoon Dijon mustard

Salt and pepper to taste

Preheat oven to 375 degrees

In a medium bowl, combine all crust ingredients, mixing well to form dough. With your hands, work dough into a ball. Place between 2 pieces of wax paper and roll into a 11 inch circle. Place dough in a 9 inch pie pan. Fold the edges under and flute with a fork. Prick the bottom and sides of crust with a fork about 25 times. Arrange salmon evenly in the crust. Sprinkle evenly with cheese.

In a small bowl, combine remaining ingredients. Beat with a fork or wire whisk until blended. Pour over salmon and cheese. Bake 40 minutes, until set. Let stand 10 minutes, and then serve.

NUTRITIONAL INFORMATION: Serves 8: Calories 308, Total Fat 12.2g, Saturated Fat 4.1 g, Cholesterol 113mg, Sodium 683mg, Total Carbohydrate 15.8g, Dietary Fiber 0.4g, Total Sugars 6.3g, Protein 31.5g