



CRAB QUICHE

- 2 cans **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 8 eggs, beaten
- 2 cups half-and-half
- 1 medium red bell pepper, chopped
- 1 cup soft bread crumbs
- 1 cup shredded Swiss cheese
- 1 cup shredded cheddar cheese
- 1/2 cup sliced green onions
- salt and black pepper to taste



Preheat oven to 350°F. Combine all ingredients in a large bowl. Transfer to a 13" x 9" baking dish. Bake uncovered for 30-35 minutes, or until a knife inserted near the center comes out clean. Let stand 10 minutes before cutting. *Serves 6.*

Per Serving: 529 Calories (377 Calories from Fat), 43g Fat, 27g Protein, 10g Carbohydrate, 443mg Cholesterol, 518mg Sodium