

Crab Quiche

3 eggs, beaten

1/2 C. mayonnaise

2 T. all-purpose flour

1/2 C. milk

1 tsp. Old Bay

1 tsp. garlic powder

1 tsp. hot sauce

1/8 tsp. pepper

2 (6 oz) cans crab meat

1 C. shredded Swiss divided

4 oz. can mushrooms (drained)

1 (9 inch) unbaked pie crust

Open cans of crabmeat and drain out the liquid (also do a quick check for any small shell pieces that may have snuck into the can). Once drained, set aside. In a medium mixing bowl, use a whisk to beat together the eggs, mayonnaise, flour, milk, Old Bay, garlic powder, hot sauce, and pepper. Once egg mixture is well blended, fold in crabmeat, **3/4 cup** Swiss cheese, mushrooms. Spread into unbaked pie shell. Sprinkle remaining cup of cheese over the top. Bake for 40 to 45 minutes, or until the top is golden brown and a knife inserted in the center comes out clean.

Warning: You must use real, whole-fat mayonnaise in this recipe. Light and fat-free versions prevent the filling from setting up. To cut the calories, you may use an equal amount of plain yogurt in place of the mayo and it will still set beautifully.