



Crustless Quiche

This super quick recipe combines just six ingredients all mixed together, yet it produces a beautifully sliceable egg-and-cheese quiche. Pre-shredded cheese and a packaged biscuit-mix make it extra easy but very light.

3 eggs

3 Tablespoons vegetable oil

1½ cups milk

½ cup packaged dry biscuit mix

1½ cups shredded Swiss cheese

1 (6-ounce) can crab meat, drained and flaked apart

Preheat oven to 350 degrees. Bake for 50 to 60 minutes, depending on pan size.

Grease or spray a 9-inch or 10-inch pie pan or quiche dish. In a large bowl, with a whisk or fork, beat the eggs, vegetable oil and milk. Stir in the biscuit mix (it doesn't have to be perfectly smooth). Pour mixture into pan. Sprinkle on the cheese and crab meat and stir until evenly mixed. Bake at 350 degrees: 60 minutes for the 9-inch pan or 50 minutes for the 10-inch pan; top should turn a golden brown. Let stand 10 minutes before cutting.

A nice variation substitutes mild Cheddar cheese for the Swiss, and ½ cup crumbled cooked bacon or shredded deli ham for the crab. You can also add ½-cup thawed (frozen) chopped spinach. All versions freeze well. Serves six to eight.