

Asparagus Pecan Quiche

— Our Canada April/May 2008

1 unbaked pastry shell (9" or 23 cm)

1 cup fresh asparagus (2 inch pieces)

1 1/3 c shredded Swiss cheese

1 c chopped cooked chicken

½ c chopped pecans, divided

¼ c chopped onion

1 T flour

1 ½ c half & half cream

3 eggs beaten

1 t Dijon mustard

½ t salt

3 drops hot pepper sauce

2 T grated parmesan cheese

1. Line un-pricked pastry shell with a double thickness of heavy-duty aluminum foil. Bake at 450°F for ~ 8 minutes or until edges just begin to brown. Remove from oven and discard foil. Set aside.
2. Cook asparagus until crisp-tender. Drain thoroughly.
3. Toss asparagus with Swiss cheese, chicken, ¼ c pecans, onion and flour. Spoon into baked crust.
4. Combine cream, eggs, mustard, salt and hot pepper sauce. Pour over asparagus mixture.
5. Sprinkle with parmesan cheese. Top with remaining pecans.
6. Bake at 350°F for 35-40 minutes or until a knife inserted near the center comes out clean.
7. Let stand 5 minutes before cutting.