

Crabmeat and Asparagus Quiche

1/2 pound crabmeat
4 egg yolks
1 cup half and half
1/2 pound lightly steamed asparagus spears
1/2 onion, chopped and sauteed
2 pre-made pie crusts
1/4 teaspoon cayenne pepper
1/4 cup grated swiss cheese

In a blender, mix together egg yolks, half and half and cayenne pepper. Arrange crabmeat and vegetables in pre-cooked pie shells. Sprinkle Swiss cheese over the top of the and then pour milk and egg mixture over the top of that. Bake for approx 40 minutes at 375 degrees.
