

## Ham and Cheese Quiche

### Ingredients

1	pie shell, unbaked
7	eggs
1 cup	half and half
1 cup	milk
1/4 tsp	salt
1/8 tsp	white pepper
4 1/2 oz	cheddar cheese, shredded
1 oz	parmesan cheese, grated
2 oz	ham, diced



*A light flaky crust filled with a lightly seasoned quiche. An American favorite that is sure to be enjoyed.*

### Directions

Partially bake shells at 375 degrees for about 10 minutes. In a large mixing bowl combine eggs, cream, milk, salt and pepper.

In each partially-baked pie shell, sprinkle 4 1/2 oz (1 1/8 cups) shredded cheddar cheese and 2 oz diced ham evenly in pastry shell. Pour egg mixture into shells, about 1 1/2 to 2 cups; sprinkle top of each pie with 1 oz parmesan cheese.

Bake for approximately 25-30 minutes or until knife inserted halfway between outer edge and center comes out clean.

Allow to stand 10 minutes before cutting. Cut each pie into 6 pieces. Serve 1/6 piece per portion.

**Yield** 10 servings

### Nutritional Information

*Calories 422, Fat 29g, Carbohydrates 21g, Cholesterol 224mg, Sodium 694mg, Fiber 1g, Protein 18g*

