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“Ham & Spinach Quiche”

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Always a classic, this easy dish is one for the files. Serves 8

Ingredients:

- 1 unbaked 9” pie crust
- 1 package (10 oz.) frozen chopped spinach
- 1 package (3 oz) uncooked Ramen noodles (optional)
- 1 1/2 cups diced cooked ham
- 1 can (4 oz) sliced mushrooms, drained
- 1 1/2 cups part-skim shredded Mozzarella cheese
- 1 cup half and half
- 1/2 cup sour cream
- 4 eggs
- Dash nutmeg, optional

Method:

Preheat oven to 400⁰ F. Line a 10 inch pie plate with pastry crust. Flute or crimp edges of pastry.

Thaw spinach and drain well (squeeze out excess moisture, as needed). Crumble optional Ramen noodles and either sprinkle on bottom of pie shell or mix with spinach. Arrange spinach in bottom of prepared pie plate. Arrange ham and drained mushrooms on top spinach. Top with shredded cheese.

Combine half and half, sour cream, eggs, season packet from the optional Ramen noodles*; beat until smooth. Pour egg mixture over ingredients in pie shell. Bake 45-55 minutes or until set in center.

*NOTE: If not using Ramen noodles, add 1/2 teaspoon salt or to taste. Ramen noodles provide nice seasoning to quiche and help absorb excess moisture. Try different flavored Ramen noodles for variation in flavor – I like the mushroom based Ramen noodles.



Nutrition Facts

Serving Size 1/8 (196g)	
Servings Per Container 8	
Amount Per Serving	
Calories 360	Calories from Fat 190
% Daily Value*	
Total Fat 21g	33%
Saturated Fat 10g	49%
Cholesterol 150mg	50%
Sodium 950mg	40%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 19g	
Vitamin A 60%	Vitamin C 15%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	