

**EDITOR'S TIP****extra credit**

For a heartier dish, bake this in a pie crust, as the original recipe called for. Pour filling into a frozen 9-inch deep-dish pie crust and bake on a rimmed baking sheet at 375°F for 40 minutes.

**40 REVIEWS**

prep 15 min  
cook 35 min  
ready 55 min  
serves 8

submitted by:  
stef

GLUTEN-FREE

**Salmon Quiche**

[armagazine.com/salmon-quiche](http://armagazine.com/salmon-quiche)

- 1 (12-ounce) can evaporated milk
- 4 eggs
- 2½ cups shredded cheddar cheese (10 ounces)
- ¼ cup diced onion
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried parsley
- ¼ teaspoon dried sage
- 1 (14.75-ounce) can pink salmon, drained, flaked, and bones removed

1. Preheat oven to 350°F. Spray a 9-inch deep-dish pie plate with cooking spray.
2. Purée evaporated milk, eggs, 2 cups cheese, onion, salt, and spices in a blender until smooth.
3. Spread salmon evenly over bottom of pie plate. Sprinkle with ¼ cup cheese, then pour egg mixture on top. Top with remaining ¼ cup cheese.
4. Bake until quiche has puffed and a toothpick inserted into center comes out clean, about 35 minutes. Cool 5 minutes before slicing.

PER SERVING: 294 CAL; 18.8g FAT (9.9g SAT); 25.3g PRO; 6.1g CARB; 0.1g FIBER; 551mg SODIUM; 168mg CHOL



**DAWN ACERO**

"Husband coming home, kids threatening to wake from their naps, and me having no idea what to cook for dinner. This recipe to the rescue! It's a keeper—very easy and quick to make."

**PAT**

"I used tuna instead of salmon, and it was delicious."

**SKITTLES**

"I didn't love the flavor of the cheddar with the salmon. I made it again with smoked Gouda, Swiss, and feta, and it came out amazing."



**We asked our Facebook fans:** What's the one item you always have stocked in your pantry? The top answer was pasta, followed closely by canned veggies, with broth and canned soup tied for third.