

Crustless Crab Quiche

8 ounces Crabmeat
8 ounces Sliced Mushrooms
2 tablespoons Butter
4 Eggs
1 cup Sour Cream
1 cup Cottage Cheese
½ cup Parmesan
¼ cup Flour
1 teaspoon Garlic Powder (or onion powder if preferred)
¼ teaspoon Salt
4 drops Tabasco or your favorite hot sauce
2 cups Jack Cheese

Saute mushrooms in butter; Drain.

In blender: eggs, sour cream, cottage cheese, parmesan, flour, garlic powder, salt, tabasco; blend until

smooth. Pour into bowl and fold in mushrooms, jack cheese and crab.

Pour into lightly greased 10 inch pie plate.

Bake at 350 degrees 45 minutes.

Let set 5 minutes before slicing.