

Fish

Salmon Quiche

1/4 cup dry bread crumbs

1 tbsp all bran cereal crushed

1 can salmon 213g 7.5oz.

1 small onion chopped

1/4 cup cream cheese cubed

1 tbsp parsley

1 1/4 cup milk

3 eggs

pepper to taste paprika

In large bowl, combine bread crumbs

& crushed cereal sprinkle over greased
pie plate.

Break salmon in chunks arrange

chunks over bread crumbs. Top with
onion, cream cheese cubes & parsley.

In med. bowl whisk milk eggs & pepper
Pour over salmon.

Sprinkle tightly with paprika. (1 tablesp)

Bake 350 - 40 mins

until knife inserted comes
out clean.

Serves 6.