

## Recipe – Salmon Quiche

### Ingredients:

- olive oil to coat pie plate
- 1/4 c almond meal to coat pie plate
- 1 lb salmon fillet, or canned salmon
- 5 eggs (or 3 eggs and 4 egg whites)
- 2/3 cup half and half
- dash of salt
- 4 oz. crumbled goat cheese

### Directions:

Coat pie plate with oil

Dust plate with almond meal

Chop salmon into 1/4" pieces and place in pie plate

Sprinkle goat cheese over salmon

Mix eggs, half and half, salt and pour over salmon and cheese

BAKE at 375 degrees about 45 minutes till a knife comes out clean