

# Asparagus and Crab Quiche

Printed from Crab Recipes at <http://www.crabrecipes.net/>

*Forget the cost of going out for a fine dining brunch experience. This asparagus and crab quiche meets the expectations of any Sunday afternoon culinary connoisseur. Best when served warm, but also makes for great next-day leftovers.*

## Ingredients:

3 eggs  
1 ¾ cups milk  
1 cup cooked crabmeat, chopped  
10 asparagus spears, cut into ½-inch pieces  
¼ cup Parmesan cheese  
½ teaspoon salt  
½ teaspoon black pepper  
¼ teaspoon ground nutmeg

## Directions:

1. Preheat oven to 350°F. Lightly grease a 8-by-8-inch baking dish.
2. In a large bowl, whisk together eggs and milk. Add remaining ingredients and mix until combined.
3. Pour into prepared baking dish and bake, uncovered, 45 to 55 minutes, until eggs are set.
4. Remove from oven and let sit 15 minutes before serving.