



Ham & Asparagus No-Crust Quiche

10 – 15 Asparagus Spears
1 pound Ham, chopped
6 eggs
2 cups milk
2 cups cheddar or swiss cheese, shredded
¼ cups green onion, chopped
1 ½ cups buttermilk baking mix

Cut asparagus into smaller pieces. Layer ham, asparagus and cheese in liner pan.

In a separate bowl beat eggs. Add milk and baking mix. Pour mixture over layered ingredients in liner pan.

Bake 375° F in a dutch oven for 30 to 40 minutes. Quiche is done when knife inserted in centre comes out clean.

Optional: Grill asparagus spears slightly. Also mushrooms can be added.

Submitted by: Michael Short

Featured at the 2008 Outdoor Women's Program Wilderness Cuisine Session