

## HAM AND PINEAPPLE QUICHE

### Ingredients:

1 pie shell (home baked or frozen)  
Dash of white pepper  
2 slices pineapple, fresh, diced.  
2 oz. sour cream  
2 oz. light cream or whipping cream  
2 oz. milk  
2 eggs  
1 Tbs. brown sugar  
Dash of cinnamon  
2 oz. shredded Edam or Cheddar or  
Monterey Jack cheese  
4 slices thin ham [I use Applegate Farms Black Forest Ham], diced.



### Directions:

Sprinkle white pepper on pie shell.  
Arrange meat in pie shell. Arrange pineapple on top. Sprinkle with sugar.  
Mix milk, creams, and eggs.  
Pour into pie crust.  
Sprinkle with cheese. Dash with cinnamon.

Bake 35 minutes at 375 until quiche is firm and lightly brown on top.



**Daryl Wood Gerber**  
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