

## Corned Beef and Swiss Quiche



### Ingredients:

- 4 large eggs
- 1 cup corned beef, chopped
- 1/2 cup half and half
- 1/2 cup reduced-fat, shredded Swiss cheese
- 1 tablespoon dry mustard
- Kosher salt
- Freshly ground black pepper

### Directions:

- 1) Preheat your oven to 350 degrees, and lightly spray a quiche pan with vegetable spray.
- 2) Combine the eggs, the half and half, dry mustard, salt, and pepper to taste in a mixing bowl.
- 3) Sprinkle the corned beef and Swiss cheese in the bottom of the quiche pan, then pour the egg mixture on top.
- 4) Place the quiche pan in the oven and bake for 25 to 30 minutes until the eggs have set, and the cheese has melted.
- 5) Remove the pan from the oven and allow the quiche to cool for 5 minutes before serving.