

Asparagus Quiche in Ramekins

14 ounces ham cut into rectangular slices

4 ounces shredded Swiss or Jack cheese

4 large eggs

2 cups whipping cream

1 Tbs. dried onion

Salt & pepper

12 large asparagus spears (about 1 pound), trimmed and cooked till tender-crisp (boiled about 5 minutes)

Parsley

Line 4 buttered oval ramekins with ham, overlapping the slices. Sprinkle each with cheese. Combine the eggs, cream, onion flakes and salt and pepper to taste. Place 3 asparagus spears in each ramekin. Pour egg mixture over asparagus. Bake at 325 degrees 25 to 30 minutes, or until custard is set and mixture is lightly browned. Makes 4-6 servings.