



Quick Mini Quiche

6 to 8 small vol-au-vents pastry shells

4 eggs

1 cup diced ham or bacon

2 chopped up shallots

1/2 cup cream

1 cup shredded tasty cheese

Mix all these ingredients together and place mixture into the vol-au-vent shells

Place on tray in a hot oven approx...180 dg.

Cook for approx 10 to 15 minutes or until mixture is set.