



Breakfast, Serves 6

Rivah Sistahs' Quiche

If you've been down Hells Canyon with Winding Waters, there's a good chance you'll recognize this delightful starter to the day as the delicious thing you enjoyed at the boathouse before heading to the ramp on launch day.

We got wind of this recipe from the Rivah Sistahs. They're a group of gal pals we've had a lot of fun on a lot of river trips with. The Rivah Sistahs' good cheer is so persuasive they even manage to get the guys on the river crew to paint their toenails. For a few of our cowboy-minded guides, that's saying something.

During one of their adventures with us, this recipe magically appeared in the pocket of our lead chef. None of the Sistahs have admitted to planting the blueprints for this breakfast, but the very subtle hint was acted upon and we've been enjoying it ever since.

6	Eggs
2 Cups	Cheddar Cheese (grated)
2 Cups	Cottage Cheese
1/2 Cup	Green Chiles
	Optional Additions: Ham, Spinach, Sausage, Bacon, etc.



The Doing of the Thing

Get your oven up to **375F**. Mix all the stuff in a blender until blended. Pour into a greased pie pan.

Bake for 40 to 45 minutes. You can tell it's done when it's kind of 'springy' to the touch.

It's nice to see cottage cheese branching out a little bit. Thanks, Sistahs!

