

## 🍷 *Sally's Quiche*

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I first tried Sally's recipe a few years ago  
When my baby was newborn, I felt kind of low  
Sally came with a smile, and a salad and quiche  
I wonder if she ever knew what joy that brought me

Two cups of milk and two cups grated cheese  
Four pats of butter, a half cup Krusteaz  
Four eggs and some spinach, spices to please  
Bake 45 minutes, 350 degrees

Sally brought me the recipe, said it had served her well  
In raising her children for years by herself  
It didn't take long, and that's important, she said  
When your children are crying and need to be fed

Chorus

And Sally brought wisdom and comfort and care  
And the recipe brings back the friendship we share  
It's an age-old tradition our foremothers knew  
In grateful remembrance, I pass it to you

Chorus

This song/recipe appears on my CD, October Roses. It was inspired by my friend, Sally Kintner, when she brought over a beautiful quiche, a bottle of wine, and a loaf of bread in a basket and gave it to me shortly after the birth of my daughter, Kristin. We became good friends after that wonderful act of kindness, and I presented this song to her as a 40th birthday present.