

## Frittata

### Ingredients:

- 8 eggs cracked and whisked
- ¼ cup favorite dairy
- 1 tablespoon olive oil
- 1 cup artichoke hearts drained and chopped
- 2 Tablespoons capers
- 1 garlic clove minced
- 1 cup sundried tomatoes
- 2 cups of baby spinach

### Instructions:

1. Heat a skillet over medium high heat add olive oil
2. Add chopped artichokes, garlic, capers and sundried tomatoes – heat through
3. Add spinach, eggs and milk – cook until eggs start to set
4. Place skillet in 400-degree oven for 8 -10 minutes or until done
5. Let rest and cool slightly before slicing

\*there are endless variations for vegetables that can be used in this recipe

## Asparagus soup

### Ingredients:

- 3 tablespoons olive oil
- Leek chopped small (white and green parts)
- 3 tablespoons flour for dusting
- 4 cups vegetable stock
- 3 pounds asparagus chopped
- ¼ teaspoon salt
- Black pepper to taste
- Zest and juice of 1 lemon

### Instructions:

1. In a large Dutch oven over medium heat add olive oil
2. Sautee leeks until tender and just starting to color
3. Add flour and still until combined and has developed into a paste like consistency
4. Add stock and whisk to combine with flour to thicken broth
5. Simmer for a few minutes and add asparagus – cook for just a few minutes
6. Finish with salt, pepper and lemon

\*the goal is to keep the soup bright green so cooking the asparagus too long will make the soup yellowish

\*Adding cream takes away from the full asparagus flavor