

## BAKED EGGS WITH SPINACH

### Yields 4 Servings

#### Ingredients:

2 pounds fresh spinach, washed and Trimmed according to the directions (see spinach)  
3 Tablespoons butter or extra virgin olive oil  
8 eggs  
Salt and freshly ground black pepper  
½ cup freshly grated Parmesan cheese  
½ cup bread crumbs, preferably fresh

#### Directions:

1. Heat the oven to 350°F. Bring a large pot of water to a boil and salt it. Put the spinach in the water and cook until it is bright green and tender, about a minute. Drain well. When it is cool enough to handle, squeeze the moisture from it and chop.
2. Put the butter or oil in a 9- x 13-inch baking pan and put the pan in the oven. When the butter melts or the oil is hot, toss the spinach in the pan, stirring to coat with the fat. Spread the spinach out and use the back of a spoon to make 8 little nests in the spinach. Crack 1 egg into each. Top with salt, pepper, cheese, and bread crumbs.
3. Bake for 15 to 20 minutes, or until the eggs are just set and the whites solidified. Scoop out some spinach with each egg and serve on toast or toasted English muffins.

## ASPARAGUS WITH CREAMY Mustard Sauce

### Yields 4 Servings

#### Ingredients:

2 Tablespoons mayonnaise  
1 Tablespoon olive oil  
1 Tablespoon white-wine vinegar  
1 teaspoon Dijon mustard  
Salt and Pepper  
Steamed Asparagus

#### Directions:

1. In a bowl, stir together 2 Tablespoons mayonnaise, 1 Tablespoon white-wine vinegar and 1 teaspoon Dijon mustard. Season with salt and pepper. Drizzle over chilled Steamed Asparagus.

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## SPRING VEGETABLE RAGOUT



**Makes 4 Servings**

### Ingredients:

- 4 ounces spaghetti
- 1 Tablespoon olive oil
- 3 green onions, thinly sliced
- 1 small yellow summer squash, quartered and cut into 1/2 inch pieces
- 4 ounces sugar snap peas
- 16 grape or cherry tomatoes, halved
- 1/2 cup vegetable broth
- 2 Tablespoons minced fresh basil leaves
- 1/4 teaspoon fresh ground pepper
- 3/4 cup finely grated Parmesan cheese

### Directions:

1. Cook spaghetti in a large pot of boiling water about 9 minutes or according to package directions.
2. Heat oil in medium saucepan over medium heat.
3. Add green onions and cook for 2 minutes.
4. Add squash and peas. Cook about 3 minutes until tender and crisp.
5. Add tomatoes and broth.
6. Bring to a simmer, stirring often and cook until tomatoes are juicy.
7. Cook 1 minute longer and remove from heat before adding cheese.
8. Drain pasta and add it to the ragout; toss to combine.

## ASPARAGUS WITH TOASTED ALMONDS & GARLIC

**Makes 4 Servings**

### Ingredients:

- 3/4 pound asparagus
- 2 Tablespoons olive oil
- 1/4 cup slivered almonds
- 2 garlic cloves, thinly sliced
- 1 Tablespoon red wine vinegar
- 1 teaspoon unsalted butter
- Salt and pepper to taste



### Directions:

1. Boil 1 inch of water in a large skillet.
2. Add asparagus and cook until tender and bright green, about 3 minutes.
3. Drain and pat dry.
4. On high heat, add oil to skillet.
5. Add almonds and stir for 30 seconds.
6. Add asparagus, garlic, salt, and pepper.
7. Cook until garlic and almonds are golden and asparagus begins to brown, about 4 minutes.
8. Stir in vinegar and butter.
9. Season with salt and pepper as desired.

## SUGAR SNAP PEAS



A variety of peas have been a part of the human diet for centuries, although their exact origin is unknown. Sugar snap peas were developed in the 1970's. These vegetables are a good source of vitamins A, C, and K, as well as riboflavin, folate, potassium, phosphorus, iron, manganese, and fiber.

Sugar snap peas are a cross between the standard garden pea and snow peas often found in Chinese cuisine. Pea plants usually grow to around 4 feet in length. Whole sugar snap pea pods can be consumed after they are stringed, meaning that the string-like lining on the top of each pea pod is removed before serving. Typically, the peas or whole pods are consumed at an immature stage because that is when they are at their sweetest.

In present day they are often found in steamed dishes, stir fried, or added to salads. They can also be consumed raw. Because of this versatility it can be easy to find ways to incorporate this produce into a variety of dishes or consumed as a healthy snack.

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