



Vegetable Frittata

1 tablespoon olive oil
1 small pepper, diced
2 scallions, thinly sliced
1 plum tomato, diced
2 cups spinach
1 clove garlic, minced
3 large eggs
1 cup milk
1 teaspoon onion powder
1 teaspoon garlic powder
½ cup fontina cheese
Salt and pepper

- Preheat oven to 350 degrees.
- Bring a nonstick skillet to medium heat and add the oil.
- Cook the peppers and onions until light golden.
- Add the tomatoes and spinach; cook until tomatoes are wilted and there is no liquid in pan.
- Add the garlic; cook 1 minute more.
- Whisk together the eggs, milk and spices; season with salt and pepper.
- Pour eggs into pan. Let cook, without stirring, until bottom and sides begin to set.
- Spread cheese over top of frittata.
- Transfer to oven. Bake until golden and puffed, about 20 minutes.
- Remove; let cool 10 minutes. Slice and serve.

Creamy Italian Dressing

1 tablespoon vinegar
1 teaspoon dried Italian seasoning
1 small clove garlic, minced
½ teaspoon garlic powder
Pinch of crushed red pepper flakes
2 tablespoon grated parmesan cheese
3 tablespoons mayonnaise
2 tablespoons olive oil
Salt and pepper

- Add seven ingredients to a bowl; stir until combined.
- Whisk in olive oil. Season with salt and pepper.



Chopped Salad

½ head romaine, cut into bite-sized pieces
1 small piece cucumber, chopped
1 tomato, chopped
¼ small onion, finely chopped
1 stalk celery, chopped
¼ red pepper, chopped
¼ cup croutons

Creamy Italian Dressing

- Add lettuce, cucumbers, tomatoes, onions, celery, peppers and croutons to a mixing bowl.
- Toss with enough dressing to coat leaves.
- Season with salt and pepper.

Buttermilk Biscuits

2 cups all-purpose flour
1 tablespoon baking powder
¼ teaspoon baking soda
2 teaspoons sugar
1 teaspoon salt
½ teaspoon onion powder
½ teaspoon garlic powder
6 tablespoons cold unsalted butter, grated
½ cup grated cheddar cheese
¼ cup diced cooked bacon
2 tablespoons minced chives
1 cup cold buttermilk
1 egg yolk, mixed with 1 teaspoon water

- Preheat oven to 400 degrees.
- Whisk together the flour, baking powder and soda, sugar, salt, and spices.
- Stir in the butter, making sure to coat the butter.
- Stir in the cheese, bacon and chives.
- Add the buttermilk; mix in just until dough forms.
- Scoop out into 7 biscuits; transfer to a insulated sheet pan lined with parchment.
- Bake 15 to 16 minutes. Remove and let cool.