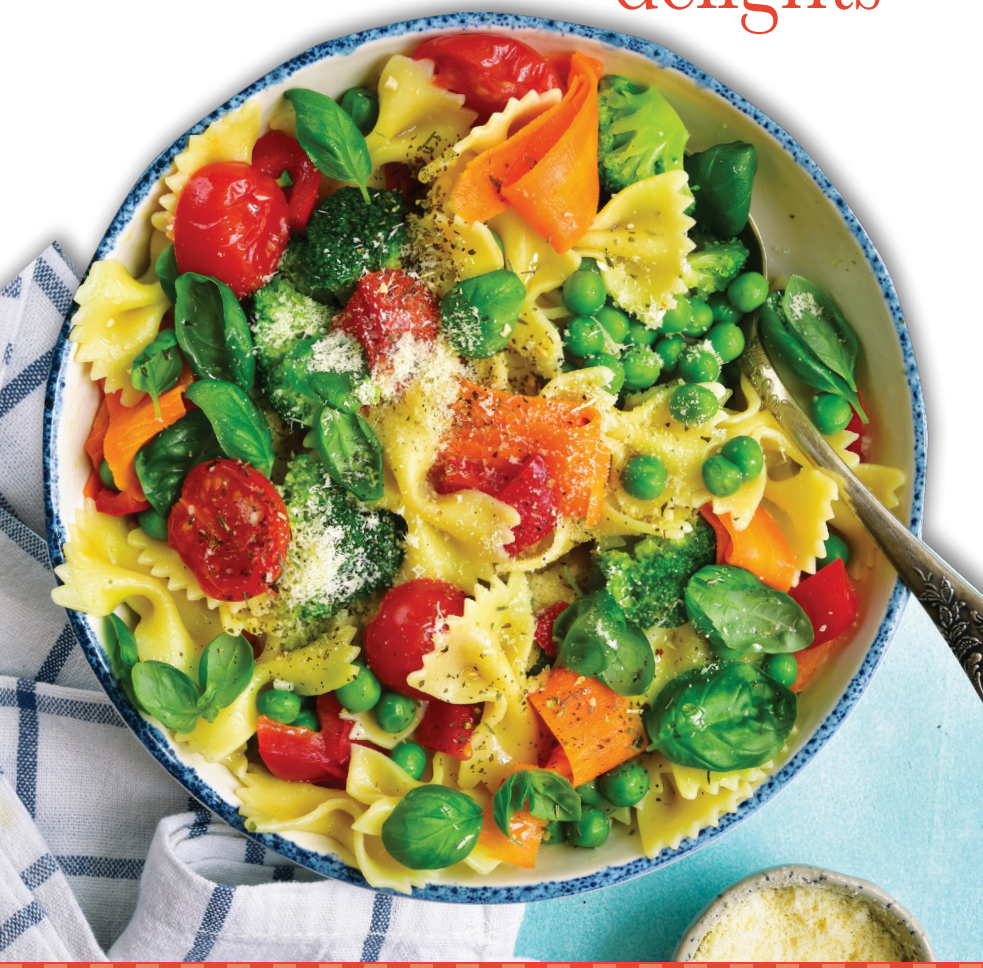
Chef express

NorCal Community Media

springtime delights



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introduction

Welcome to "Springtime Recipe Delights," where we invite you to embark on a culinary journey celebrating the fresh, vibrant flavors of the season. In this collection of recipes, we've curated a diverse array of dishes that capture the essence of springtime, from light and refreshing salads to comforting soups, hearty mains, and delectable desserts.

springtime delights

- Start your springtime feast with our Spring Vegetable Risotto, a creamy and satisfying dish that showcases the season's bounty with tender asparagus, peas, and fresh herbs. Pair it with our Lemon Herb Roast Chicken, a succulent and aromatic centerpiece infused with zesty citrus and fragrant herbs, sure to impress even the most discerning diners.

- For a delightful appetizer or light lunch option, try our Asparagus and Goat Cheese Tart, featuring delicate asparagus spears atop a flaky pastry crust, complemented by creamy goat cheese and a hint of lemon zest. Or indulge in the refreshing flavors of our Strawberry Spinach Salad with Balsamic Vinaigrette, a perfect balance of sweet strawberries, crisp spinach, and tangy balsamic dressing.

- Fire up the grill and treat yourself to our Grilled Garlic Shrimp Skewers, bursting with flavor and perfect for a springtime barbecue. And don't forget to sample our Springtime Avocado BLT Sandwich.

- No springtime menu would be complete without a selection of irresistible desserts. Indulge your sweet tooth with our Raspberry Almond Crumble Bars or Lemon Blueberry Pound Cake, each bite bursting with the flavors of the season.

- With recipes ranging from elegant entrees to simple yet satisfying snacks, "Springtime Recipe Delights" offers something for every palate and occasion. So gather your ingredients, embrace the bounty of the season, and let these recipes inspire your springtime culinary adventures.

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

spring vegetable risotto

■■□ | Cooking time: 25 minutes - Preparation time: 5 minutes

ingredients

- 1 cup Arborio rice
- 2 cups low-sodium vegetable broth
- ½ cup dry white wine (optional)
- ½ cup finely chopped onion
- 1 clove garlic, minced
- 1 cup fresh or frozen spring vegetables (such as peas, carrots, asparagus, or artichokes)
- ½ cup grated Parmesan cheese
- ½ cup chopped fresh herbs (such as parsley, basil, or chives)
- Salt and pepper to taste
- olive oil

method

1. In a medium saucepan, bring the vegetable broth and white wine (if using) to a simmer over medium heat.
2. In a large skillet or Dutch oven, heat the olive oil over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.
3. Add the rice to the skillet and cook, stirring constantly, until the rice is evenly coated with oil, about 2 minutes.
4. Add the simmering vegetable broth, one cup at a time, stirring constantly until the liquid is absorbed.
5. Add the spring vegetables and cook, stirring occasionally, until the rice is tender and the vegetables are cooked through, about 15 minutes.
6. Stir in the Parmesan cheese, herbs, and salt and pepper to taste. Serve immediately.

Serves 4-6

tip from the chef

This Risotto makes a great side for a salmon dinner!

lemon herb
roast chicken

■□□ | Cooking time: 1 hour 15 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 400°F (200°C).
2. In a small bowl, combine the lemon zest and juice, oregano, thyme, salt, pepper, and olive oil.
3. Rub the marinade all over the chicken, inside and out.
4. Place the chicken on a roasting pan and roast in the preheated oven for 1 hour and 15 minutes, or until cooked through.
5. Let the chicken rest for 10 minutes before carving and serving.

Serves 4-6

ingredients

- **1 whole chicken (about 4 pounds)**
- **1 lemon, zested and juiced**
- **1 tablespoon dried oregano**
- **1 teaspoon dried thyme**
- **½ teaspoon salt**
- **½ teaspoon black pepper**
- **2 tablespoons olive oil**

tip from the chef

Serve with roasted baby potatoes and fresh roasted green beans!

asparagus
and goat cheese tart

■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- 1 cup all-purpose flour
- ½ cup unsalted butter, cold and cubed
- ½ cup ice water
- 1 bunch asparagus, trimmed and cut into 2-inch pieces
- 1 cup goat cheese, crumbled
- ½ cup heavy cream
- 2 eggs
- ½ teaspoon salt
- ⅛ teaspoon black pepper

method

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine the flour, butter, and ice water. Mix until the dough comes together.
3. Press the dough into a 9-inch tart pan and trim the edges.
4. In a medium bowl, whisk together the asparagus, goat cheese, heavy cream, eggs, salt, and pepper.
5. Pour the filling into the tart shell and bake for 30 minutes, or until the filling is set and the crust is golden brown.

Serves 4-6

tip from the chef

Serve with a spring green salad!

strawberry spinach
salad with balsamic vinaigrette

■□□ | Cooking time: 0 minutes - Preparation time: 5 minutes

method

1. In a large bowl, combine the spinach, strawberries, feta cheese, and red onion.
2. In a small bowl, whisk together the balsamic vinegar, olive oil, honey, salt, and pepper.
3. Pour the dressing over the salad and toss to coat.
4. Serve immediately.

Serves 2-3

ingredients

- **1 cup fresh spinach, washed and dried**
- **1 cup sliced strawberries**
- **½ cup crumbled feta cheese**
- **½ cup red onion, thinly sliced**
- **½ cup balsamic vinegar**
- **2 tablespoons olive oil**
- **1 teaspoon honey**
- **Salt and pepper to taste**

tip from the chef

This Salad is perfect for a backyard barbecue party!

grilled garlic
shrimp skewers

■■□ | Cooking time: 10-15 minutes - Preparation time: 10 minutes

ingredients
- > 1 pound shrimp, peeled and deveined
- > ½ cup olive oil
- > 3 cloves garlic, minced
- > 1 tablespoon lemon juice
- > 1 teaspoon salt
- > ½ teaspoon black pepper

method
1. In a large bowl, combine the shrimp, olive oil, garlic, lemon juice, salt, and black pepper. Toss to coat.
2. Preheat your grill to medium-high heat.
3. Thread the shrimp onto skewers and grill for 10-15 minutes, or until cooked through and pink in color.
4. Serve immediately with your favorite dipping sauce.

Serves 4

tip from the chef
Serve with a caprese salad of fresh sliced tomatoes, mozzarella, basil and balsamic glaze!

avocado
BLT sandwich

■□□ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Cook the bacon until crispy using your preferred method (stovetop, oven, or microwave).
2. Lay out the toasted bun slices. Spread mayonnaise or aioli on one side of each slice, if desired. Place a lettuce leaf on the bottom of the bun. Top with slices of cooked bacon, tomato slices and avocado.
3. Place the top of the bun on to create the sandwich. Press down gently to hold everything together. If desired, you can slice the sandwich diagonally.
4. Serve the Avocado BLT sandwiches immediately.

4 BLT sandwiches

ingredients

- **ciabatta buns (toasted if desired)**
- **8 slices of cooked bacon**
- **4 lettuce leaves**
- **2 medium-sized tomatoes, sliced**
- **1 avocado sliced**
- **Salt and pepper to taste**
- **Mayonnaise or aioli (optional)**

tip from the chef

Serve with a side of potato salad!

baked honey
glazed carrots

■□□ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients
- 1 pound carrots, peeled and cut into 1-inch pieces
- 1 tablespoon olive oil
- ½ cup honey
- ½ teaspoon salt
- ½ teaspoon black pepper

method
1. Preheat oven to 400°F (200°C).
2. In a large bowl, combine the carrots, olive oil, honey, salt, and black pepper. Toss to coat.
3. Spread the carrots in a single layer on a baking sheet.
4. Bake for 20 minutes, or until the carrots are tender and glazed.
5. Serve immediately.

Servings 4

tip from the chef
Sprinkle some minced thyme and walnuts over the top before serving!

grilled spring
vegetables & lemon garlic aioli

■■□ | Cooking time: 5-7 minutes - Preparation time: 10 minutes

method

1. Preheat grill to medium-high heat.
2. Combine vegetables, olive oil, lemon juice, garlic, salt, and pepper in a large bowl. Toss to coat.
3. Grill vegetables for 5-7 minutes, or until tender and slightly charred.
4. While vegetables are grilling, whisk together mayonnaise, lemon juice, garlic, salt, and pepper in a small bowl.
5. Serve vegetables with lemon garlic aioli.

Serves 4

ingredients

- **1 tablespoon olive oil**
- **1 red bell pepper, cut into 1-inch pieces**
- **1 yellow squash, cut into 1-inch pieces**
- **1 zucchini, cut into 1-inch pieces**
- **½ cup red onion, cut into 1-inch pieces**
- **½ cup lemon juice**
- **2 cloves garlic, minced**
- **½ teaspoon salt**
- **½ teaspoon black pepper**

Lemon Garlic Aioli:

- **½ cup mayonnaise**
- **½ cup lemon juice**
- **2 cloves garlic, minced**
- **¼ teaspoon salt**
- **½ teaspoon black pepper**

tip from the chef

These grilled spring vegetables are a great side dish for grilled salmon!

springtime
pasta primavera

■■□ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- 1 pound pasta (such as bow tie, penne, rotini, or fusilli)
- 1 cup fresh asparagus, trimmed and cut into 1-inch pieces (optional)
- 1 cup fresh peas
- 1 cup fresh carrots, peeled and shaved into thick slices
- 1 cup fresh broccoli florets
- 1 cup cherry tomatoes cut in halves
- ½ cup chopped red onion
- 2 cloves garlic, minced
- ½ cup olive oil
- ½ cup grated Parmesan cheese
- Salt and pepper to taste

method

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, heat the olive oil in a large skillet over medium heat.
3. Add the onion and garlic to the skillet and cook until softened, about 5 minutes.
4. Add the asparagus, cherry tomatoes, peas, carrots, and broccoli to the skillet and cook until tender, about 5 minutes.
5. Add the cooked pasta, Parmesan cheese, salt, and pepper to the skillet and stir to combine. Serve immediately.

Services 4- 6

tip from the chef

Serve with a basket of baked french bread!

raspberry almond crumble bars

■■□ | Cooking time: 30-35 minutes - Preparation time: 15 minutes

method

1. Preheat oven to 350°F (175°C).
2. In a large bowl, whisk together the flour, brown sugar, white sugar, baking powder, baking soda, and salt.
3. Use your fingers to work the butter into the flour mixture until it resembles coarse crumbs.
4. Press half of the crumble mixture into the bottom of an 8x8-inch baking pan.
5. Sprinkle the raspberries and almonds evenly over the crust.
6. Sprinkle the remaining crumble mixture over the raspberries and almonds.
7. Bake for 30-35 minutes, or until the topping is golden brown and the raspberries are bubbling.
8. Let cool completely before cutting into bars.

8-10 bars

ingredients

- **1 cup all-purpose flour**
- **½ cup packed light brown sugar**
- **½ cup white sugar**
- **½ teaspoon baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **½ cup (1 stick) unsalted butter, cold and cut into small pieces**
- **½ cup sliced almonds**
- **1 cup fresh raspberries**

tip from the chef

Serve with a scoop of your favorite Raspberry Ice Cream!

spring vegetable frittata

■■□ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- > 6 eggs
- > ½ cup milk
- > ½ teaspoon salt
- > ½ teaspoon pepper
- > 1 tablespoon olive oil
- > ½ cup chopped onion
- > ½ cup chopped red bell pepper
- > ½ cup chopped asparagus
- > ½ cup chopped broccoli florets
- > ½ cup grated Parmesan cheese

method

1. In a large bowl, whisk together the eggs, milk, salt, and pepper.
2. Heat the olive oil in a 10-inch non-stick skillet over medium heat.
3. Add the onion, bell pepper, asparagus, and broccoli to the skillet and cook until softened, about 5 minutes.
4. Pour the egg mixture over the vegetables and cook until set, about 15 minutes.
5. Sprinkle the Parmesan cheese over the frittata and cook for 1 minute more.

Serves 4

tip from the chef

Serve with your favorite green salad!

lemon thyme
roasted potatoes

■□□ | Cooking time: 40 minutes - Preparation time: 15 minutes

method

1. Preheat oven to 400°F (200°C).
2. In a large bowl, combine the potatoes, olive oil, lemon zest, lemon juice, thyme, salt, and pepper. Toss to coat.
3. Spread the potatoes in a single layer on a baking sheet.
4. Roast for 25-30 minutes, flipping halfway through, until golden brown and crispy.
5. Serve immediately.

Serves 4-6

ingredients

- **2 pounds Yukon Gold potatoes**
- **2 tablespoons olive oil**
- **1 lemon, zested and juiced**
- **1 teaspoon dried thyme**
- **½ teaspoon salt**
- **½ teaspoon black pepper**

tip from the chef

These roasted potatoes are a perfect side for a roasted chicken dinner!

spinach & feta
stuffed chicken breast

■■□ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients
- 4 boneless, skinless chicken breasts
- ½ cup fresh spinach, chopped
- ½ cup feta cheese, crumbled
- ½ cup olive oil
- ½ cup lemon juice
- ½ teaspoon salt
- ½ teaspoon black pepper

method
1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, combine the spinach, feta cheese, olive oil, lemon juice, salt, and pepper.
3. Butterfly each chicken breast and stuff with the spinach and feta mixture.
4. Bake for 30 minutes, or until the chicken is cooked through.

Serves 4

tip from the chef
Serve with your favorite fresh green salad and roasted carrots!

strawberry rhubarb crisp

■■□ | Cooking time: 40 minutes - Preparation time: 15 minutes

method

1. Preheat your oven to 375°F (190°C). Grease a 9x13-inch baking dish.
2. In a large bowl, combine the chopped rhubarb, sliced strawberries, granulated sugar, cornstarch, and vanilla extract. Toss until the fruit is evenly coated, then transfer the mixture to the prepared baking dish and spread it out evenly.
3. In another bowl, mix together the flour, oats, brown sugar, melted butter, and cinnamon until crumbly. Sprinkle this mixture evenly over the fruit in the baking dish.
4. Bake in the preheated oven for 35-40 minutes, or until the fruit is bubbly and the topping is golden brown.
5. Allow the crisp to cool slightly before serving. Serve warm, topped with vanilla ice cream or whipped cream if desired. Enjoy!

Serves: 6-8

ingredients

- **3 cups chopped rhubarb**
- **3 cups sliced strawberries**
- **1 cup granulated sugar**
- **1 tablespoon cornstarch**
- **1 teaspoon vanilla extract**
- **1 cup all-purpose flour**
- **1 cup old-fashioned oats**
- **1 cup packed brown sugar**
- **½ cup unsalted butter, melted**
- **1 teaspoon ground cinnamon**
- **Vanilla ice cream or whipped cream for serving (optional)**

tip from the chef

This recipe serves 6-8 people, depending on portion size. Adjust quantities accordingly for larger or smaller groups.

grilled salmon
with herb butter

■■□ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- 1 pound salmon fillet, skin-on
- ½ cup (1 stick) unsalted butter, softened
- ½ cup chopped fresh herbs (such as parsley, cilantro, or dill)
- 1 lemon, zested and juiced
- Salt and pepper to taste

method

1. Preheat the grill to medium-high heat.
2. In a small bowl, combine the butter, herbs, lemon zest, and lemon juice. Season with salt and pepper to taste.
3. Brush the salmon fillet with the herb butter.
4. Grill the salmon fillet, skin-side down, for 8-10 minutes, or until cooked through.
5. Serve the salmon with your favorite sides.

Serves 4

tip from the chef

Serve with a side of Risoto, roasted tomatoes and lemon wedges!

minted pea
and feta crostini

■□□ | Cooking time: none - Preparation time: 10 minutes

method

1. In a medium bowl, combine the peas, mint, feta cheese, olive oil, lemon juice, salt, and pepper.
2. Stir until well combined.
3. Spread the pea mixture on the crostini or baguette slices.
4. Serve immediately.

Serves 4-6

ingredients

- 1 cup frozen peas, thawed
- ½ cup fresh mint, chopped
- ½ cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 12 crostini or baguette slices

tip from the chef

Serve these Minted Pea and Feta Crostinis on your Spring brunch table!

spring minestrone soup

■■□ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 cup peeled and diced zucchini
- 1 cup peeled and diced yellow squash
- 1 cup frozen peas
- 1 red bell pepper, diced
- 1 cup small pasta (such as ditalini or elbow macaroni)
- ½ cup grated Parmesan cheese
- Salt and pepper to taste

method

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, carrots, and celery and cook until softened, about 5 minutes.
3. Add the garlic and cook for 1 minute more.
4. Add the vegetable broth, zucchini, yellow squash, peas, diced pepper and pasta. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the pasta is cooked through.
5. Stir in the Parmesan cheese, salt, and pepper. Serve immediately.

Serves 4-6

tip from the chef

Serve with grilled sourdough bread slices!

spring vegetable quiche

■■□ | Cooking time: 45 minutes - Preparation time: 15 minutes

method

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine the broccoli, carrots, asparagus, and red onion.
3. In a separate bowl, whisk together the eggs, milk, Parmesan cheese, salt, and pepper.
4. Pour the egg mixture over the vegetables and stir to combine.
5. Pour the quiche filling into the pie crust and bake for 45 minutes, or until the quiche is set and the crust is golden brown.

Serves 6-8

ingredients

- **1 (9-inch) unbaked pie crust**
- **1 cup chopped broccoli florets**
- **1 cup chopped carrots**
- **1 cup chopped asparagus**
- **½ cup chopped red onion**
- **4 eggs**
- **1 cup milk**
- **½ cup grated Parmesan cheese**
- **½ teaspoon salt**
- **⅛ teaspoon pepper**

tip from the chef

Serve this Quiche with a platter of fresh fruit!

lemon poppy seed muffins

■■□ | Cooking time: 20-25 minutes - Preparation time: 15 minutes

ingredients

- > 1 cup all-purpose flour
- > ½ cup sugar
- > 2 tsp baking powder
- > ½ tsp salt
- > 2 eggs
- > ½ cup milk
- > ⅓ cup vegetable oil
- > Zest of 1 lemon
- > 2 Tbsp poppy seeds

method

1. Preheat oven to 350°F (175°C). Line a muffin tin with paper liners.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. In a separate bowl, whisk together the eggs, milk, oil, lemon zest, and poppy seeds.
4. Add the wet ingredients to the dry ingredients and mix until just combined. Do not overmix.
5. Fill the muffin cups about 2/3 full. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

Serves 12

tip from the chef

A scoop of lemon sorbet with this muffin recipe makes for a great spring dessert!

spring greens
salad with citrus dressing

■■□ | Cooking time: none - Preparation time: 10 minutes

method

1. In a large bowl, combine the spring mix greens, strawberries, blueberries, feta cheese, and almonds.
2. In a small bowl, whisk together the olive oil, lemon juice, honey, Dijon mustard, salt, and pepper.
3. Drizzle the dressing over the salad and toss to coat.
4. Serve immediately.

Serves 2

ingredients

- **1 cup spring mix greens**
- **½ cup strawberries, sliced**
- **½ cup blueberries**
- **½ cup feta cheese, crumbled**
- **½ cup almonds or walnuts, sliced**

Citrus Dressing:

- **½ cup olive oil**
- **½ cup lemon juice**
- **1 tablespoon honey**
- **1 teaspoon Dijon mustard**
- **Salt and pepper to taste**

tip from the chef

Serve with crackers, along with spreads or dips!

grilled lamb
chops with rosemary mint sauce

■■□ | Cooking time: 10 minutes - Preparation time: 5 minutes

ingredients
- > 1 lb. lamb chops
- > 1 tbsp. olive oil
- > 1 tsp. dried rosemary
- > 1 tsp. dried mint
- > ½ tsp. salt
- > ½ tsp. black pepper

method
1. Preheat your grill to medium-high heat.
2. Season the lamb chops with salt, pepper, rosemary, and mint.
3. Drizzle the lamb chops with olive oil.
4. Grill the lamb chops for 5-7 minutes per side, or until cooked to your desired doneness.
5. Remove the lamb chops from the grill and let them rest for 5 minutes before serving.

Serves 2

tip from the chef
Serve with colorful vegetable sides, like green beans, asparagus, and glazed carrots!

strawberry basil lemonade

■□□ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. In a medium saucepan, combine the strawberries, basil, and sugar. Bring to a simmer over medium heat, stirring frequently, until the sugar has dissolved and the strawberries have softened.
2. Remove from heat and let cool for 5 minutes.
3. Strain the mixture through a fine-mesh sieve into a large pitcher.
4. Stir in the lemon juice and water.
5. Serve over ice and enjoy!

Serves 4-6

ingredients

- **1 cup fresh strawberries, hulled and sliced**
- **½ cup fresh basil leaves, packed**
- **1 cup sugar**
- **½ cup lemon juice**
- **4 cups water**

tip from the chef

Garnish with lemons and oranges for this refreshing strawberry basil lemonade!

springtime
caprese salad

■□□ | Cooking time: none - Preparation time: 5 minutes

ingredients
- 1 cup cherry tomatoes, halved
- 1 cup fresh mozzarella pearls
- ½ cup basil leaves, torn
- ½ cup olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper

method
1. In a large bowl, combine the tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, and pepper.
2. Toss to coat.
3. Serve immediately or chill for later.
4. Garnish with additional basil leaves, if desired.
5. Enjoy!

Servings 2

tip from the chef
Serve with grilled Bruschetta Bread!

honey mustard glazed ham

■□□ | Cooking time: 1 hour - Preparation time: 15 minutes

method

1. Preheat oven to 325°F (165°C).
2. In a bowl, whisk together the honey, mustard, brown sugar, cloves, and cinnamon.
3. Brush the ham with the glaze.
4. Place the ham in a roasting pan and bake for 1 hour, or until the glaze is golden brown and the ham is heated through.
5. Let the ham rest for 10 minutes before Serving.

Serves 12-15

ingredients

- **1 (10-pound) spiral-cut ham, fully cooked**
- **½ cup honey**
- **½ cup Dijon mustard**
- **½ cup brown sugar**
- **½ teaspoon ground cloves**
- **½ teaspoon ground cinnamon**

tip from the chef

Serve with scalloped potatoes and roasted carrots!

mint chocolate
chip ice cream

■■□ | Cooking time: 30 minutes - Preparation time: 10 minutes

ingredients
- 1 cup heavy cream
- 1 cup milk
- ½ cup sugar
- ½ cup cocoa powder
- ½ cup chopped fresh mint
- ½ teaspoon vanilla extract
- ½ cup semisweet chocolate chips

method
1. In a medium saucepan, combine the heavy cream, milk, sugar, cocoa powder, and mint. Bring to a simmer over medium heat, stirring constantly.
2. Remove from heat and stir in the vanilla extract and chocolate chips.
3. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
4. Transfer the ice cream to a freezer-safe container and freeze for at least 4 hours before serving.

Serves 4-6

tip from the chef
What says Spring more than homemade Mint Chocolate Chip Ice Cream!

springtime
eggs benedict

■■□ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. **Poach the eggs:** Bring a pot of water to a gentle simmer. Crack each egg into a small bowl, then gently slide them one by one into the simmering water. Cook for about 3 minutes until the whites are set but the yolks are still runny. Remove with a slotted spoon and drain excess water.
2. While eggs are poaching, warm the ham slices in a skillet.
3. **Assemble:** Place two toasted English muffin halves on each plate. Top each half with a slice of warmed ham, followed by a poached egg.
4. Drizzle Hollandaise sauce over the eggs.
5. Garnish with fresh spring mix greens and serve immediately.

Serves 2

ingredients

- **2 English muffins, split and toasted**
- **4 eggs**
- **4 slices of ham (store bought frog the deli)**
- **Hollandaise sauce (store-bought or homemade)**
- **Fresh spring mix greens (for garnish)**

tip from the chef

Serve your Springtime Eggs Benedict with a bowl of fresh fruit for the perfect combination.

lemon blueberry
pound cake

■■□ | Cooking time: 50-60 minutes - Preparation time: 20 minutes minutes

ingredients

- 1 and ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- ½ cup milk
- 2 tablespoons lemon juice
- Zest of 1 lemon
- 1 cup fresh blueberries

method

1. Preheat your oven to 350°F (175°C). Grease and flour a 9x5-inch loaf pan.
2. In a medium bowl, whisk together the flour, baking powder, and salt. Set aside.
3. In a large bowl, cream together the softened butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Stir in the milk, lemon juice, and lemon zest until well combined.
4. Gradually add the dry ingredients to the wet ingredients, mixing until just combined. Gently fold in the fresh blueberries.
5. Pour the batter into the prepared loaf pan and smooth the top with a spatula. Bake in the preheated oven for 50-60 minutes, or until a toothpick inserted into the center comes out clean. Allow the pound cake to cool in the pan for about 10 minutes before transferring it to a wire rack to cool completely.

Serves 8-10 (depending on slice size)

tip from the chef

Enjoy your delicious lemon blueberry pound cake with a simple sugar glaze with powdered sugar and milk!

spring vegetable
stir-fry with tofu

■■□ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

1. In a medium bowl, toss the tofu cubes with the cornstarch.
2. Heat the vegetable oil in a large skillet or wok over medium-high heat.
3. Add the tofu and cook, stirring occasionally, until golden brown on all sides.
4. Add the onion, bell pepper, broccoli, snap peas, and carrots to the skillet. Cook, stirring occasionally, until the vegetables are tender-crisp.
5. In a small bowl, whisk together the soy sauce, water, sesame oil, salt, and pepper. Add to the skillet and cook, stirring constantly, until the sauce has thickened.

Serves 2

ingredients

- **1 block of firm tofu, drained and cut in small cubes**
- **1 tablespoon cornstarch**
- **2 tablespoons vegetable oil**
- **½ cup chopped onion**
- **½ cup chopped red or yellow bell pepper**
- **1 cup broccoli florets**
- **½ cup snap peas, trimmed**
- **½ cup carrots, julienned**
- **½ cup soy sauce**
- **½ cup water**
- **1 teaspoon sesame oil**
- **Salt and pepper to taste**

tip from the chef

Serve with a side of white rice!

rhubarb
ginger spritzer

■□□ | Cooking time: 10 minutes - Preparation time: 5 minutes

ingredients
- 1 cup fresh rhubarb, chopped
- ½ cup sugar
- ½ cup water
- ½ cup lemon juice
- ½ cup ginger ale, chilled
- Ice cubes

method
1. In a saucepan, combine the rhubarb, sugar, and water. Bring to a boil over medium heat, stirring constantly.
2. Reduce heat to low and simmer for 10 minutes, or until the rhubarb is soft.
3. Remove from heat and stir in the lemon juice.
4. Strain the mixture through a fine-mesh sieve into a pitcher.
5. Add the ginger ale and ice cubes and stir to combine.

Serves 2

tip from the chef
Serve in decorative mason jars garnished with Rhubarb sticks!

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