

Easter Menu with Recipes

Menu

- Vegetable Frittata
 - Oven-Roasted Potatoes with Herbs
 - Steamed Asparagus with Dressing
 - Mixed Green Salad with Sesame-Ginger Dressing
 - Pound Cake with Strawberries
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Pound Cake with Strawberries

Serves: 8

Ingredients

1¼ cup whole wheat pastry flour
½ cup yellow cornmeal
¼ teaspoon sea salt
½ cup agave
¾ cup unsalted butter, at room temperature, cut into small pieces
1 teaspoon vanilla extract
3 large eggs
3 cups strawberries, washed* and cut into small pieces
2 tablespoons maple syrup, or to taste
Whipping Cream** (optional)

Instructions

Preheat oven to 325°. Butter 8½ inch x 4½ inch loaf pan. Line bottom of pan with parchment paper.

In a bowl, combine 1¼ cup whole wheat pastry flour, ½ cup yellow cornmeal and ¼ teaspoon sea salt.



In a large bowl, beat $\frac{1}{2}$ cup agave and $\frac{3}{4}$ cup room temperature unsalted butter, cut into small pieces, with an electric mixer until light and fluffy. Mix in 1 teaspoon vanilla extract.

Add 3 large eggs, one at a time, beating well after each addition.

Gradually add dry ingredients, mixing just until blended. Spoon batter into prepared pan. Smooth top. Bake cake until golden brown and tester inserted into center comes out clean, about 1 hour.

Cool cake in pan on rack for 10 minutes. Turn out cake onto rack, remove waxed paper and cool 20 minutes. [You can prepare cake 1 day ahead: cool completely, wrap tightly in plastic and store at room temperature. Before serving, re-warm cake until slightly warm.]

In a bowl, combine 3 cups cut strawberries and 2 tablespoons maple syrup, or to taste. Let sit for $\frac{1}{2}$ hour for berries to release their juices and absorb sweetener.

Slice cake into $\frac{1}{2}$ inch slices. Serve warm with berries and whipping cream.

* Washing strawberries after you cut them makes them taste fresher.

** You can use plain yogurt instead of whipping cream.

Oven-Roasted Potatoes with Herbs

Serves: 4

Ingredients

6 red potatoes, washed and cut into 1 inch chunks

4 tablespoons melted butter or ghee

3 tablespoons fresh rosemary leaves

1 $\frac{1}{2}$ teaspoons dried thyme

1 teaspoon sea salt

$\frac{1}{2}$ teaspoon black pepper



Instructions

Preheat oven to 425°. In large bowl, toss potatoes with 4 tablespoons melted ghee. Add 1½ teaspoons dried thyme, 1 teaspoon sea salt, ½ teaspoon black pepper and 3 tablespoons fresh rosemary leaves. Mix.

Spread potatoes on baking sheet in a single layer. Bake approximately 50 minutes or until potatoes are golden brown, crisp on the outside and soft on the inside. Turn potatoes every 15 minutes. Add sea salt to taste.

Vegetable Frittata

Serves: 6

Ingredients

2 cups small broccoli florets
1 cup water
¼ cup olive oil
1 cup onion, minced
½ cup red bell pepper, cut into ⅓ inch cubes
1 pinch Celtic salt
8 eggs
1 teaspoon sea salt
½ teaspoon black pepper
½ teaspoon paprika
⅓ cup sunflower seeds, ground
1 cup feta cheese, crumbled (4 oz)

Instructions

Preheat oven: 350°. Boil about 1 cup water in a pot. Place broccoli florets in steamer basket and steam until crisp tender, about 5-8 minutes. Set aside.

Heat $\frac{1}{4}$ cup olive oil in a skillet on medium heat. Add 1 cup minced onion, $\frac{1}{2}$ cup cubed red bell pepper and a pinch of Celtic salt and sauté until soft (about 5 minutes). Set aside.

In a big bowl, beat 8 eggs. Add 1 teaspoon sea salt, $\frac{1}{2}$ teaspoon black pepper and $\frac{1}{2}$ teaspoon paprika. Mix. Then, add in this order: $\frac{1}{3}$ cup ground sunflower seeds, 1 cup crumbled feta cheese, sautéed onion mixture and steamed broccoli. Mix.

Pour mixture into an oiled 9 inch glass pie plate. Bake for 40 minutes or until eggs are set. Remove from oven and serve warm or let cool and serve at room temperature. Cut into wedges.

Steamed Asparagus

Serves: 4-5

Ingredients

1 pound fresh asparagus, rinsed, with end of stems removed
1 cup water
Sprinkle sea salt
Sprinkle black pepper
Squeeze fresh lime juice

Instructions

Boil about 1 cup water in a pot. Place asparagus in steamer basket and steam until tender and crisp (4-5 minutes). Remove from steamer basket and arrange on a platter.

Before serving, add a sprinkle of sea salt, a sprinkle of black pepper and a squeeze of fresh lime juice.

Ginger-Sesame Dressing

Makes: $\frac{2}{3}$ cup



Ingredients

½ cup olive oil
2 tablespoon tahini paste
1½ tablespoons fresh ginger, peeled and grated
1 tablespoon chopped green onions (only green part)
1½ teaspoons rice vinegar
1½ teaspoons Bragg's Liquid Aminos
1 teaspoon sesame oil
½ teaspoon Dijon mustard
½ teaspoon honey

Instructions

In a blender, put ½ cup olive oil, 2 tablespoon tahini paste, 1½ tablespoons fresh grated ginger, 1 tablespoon chopped green onions, 1½ teaspoons rice vinegar, 1½ teaspoons Bragg's, 1 teaspoon sesame oil, ½ teaspoon Dijon mustard and ½ teaspoon honey. Blend.

Mix dressing with mixed salad greens and any other desired salad ingredients.

