From the Chef’s Corner

**Farmers Leafy Quiche**

Prepares 1 – 9” quiche

Wash all fresh vegetables prior to using

4 each   “Upper Meadows Farm” Red Onion or Spring Onions   chop  
½ bunch   “Upper Meadows Farm” Amaranth   julienne  
Handful   “Upper Meadows Farm” Lambs Quarter   julienne  
½ bunch   “Upper Meadows Farm” Kale   julienne  
2 oz   Pancetta** (optional)   
1 9”   Piecrust   home-made or ready to use  
6 each   Large eggs   beaten  
4 oz   Milk   add to eggs, mix  
2 T   Olive oil  
Dash   Sea salt  
Dash   Cracked Black Pepper  
2 oz   Shaved Pecorino or Romano Cheese

Sauté in a touch of olive oil the pancetta and onions until soft  
Add amaranth, lambs quarter and kale – sauté quickly (only to wilt)  
Remove from heat – Season with salt and pepper  
Let cool slightly before adding to egg mixture  
Mix all ingredients in a bowl and blend  
Prepare homemade crust or have ready to use pie crust  
Crust must be pre-cooked prior to filling  
Fill shell with the mixture  
Top with shaved cheese  
Bake in pre-heated oven at 375F for 20 minutes or until golden brown & cooked through  
Let cool slightly before slicing – Serve & Enjoy

t – teaspoon  
T – tablespoon

Jeffrey R. Perry CEC