



MARKET FRESH MEALS

Watch local chef Brian Thompson prepare these dishes!
*Asparagus & Mushroom Quiche and
Berry Parfait: <https://bit.ly/3B9uC87>*

ASPARAGUS AND MUSHROOM QUICHE

CRUST

Serves 4

To make at home anyone can select their own pie dough recipe or utilize store bought pie dough. We use a butter based dough.



Crust: 4oz cold butter,
3/4 cup flour,
salt & pepper to taste,
ice cold water (1 Tbsp increments).

Combine ingredients without overworking dough. Use a food processor if available and pulse to mix. Crust will be crumbly but will stick together. Do not use too much water. Turn out ingredients on to smooth surface and lightly form into a ball. Place in bowl and let dough sit in the refrigerator or freezer for about 15-30 minutes.

Directions

Preheat oven to 350 degrees

Roll out pie dough and fit to a greased 9-inch pie pan. Lightly flour surface and dough to prevent sticking.

Whisk together 6 eggs, 3/4 cup cream, salt & pepper to taste to make a batter.

Finely slice 1/2 cup of (Substitute = Broccoli) asparagus,
1/2 cup of mushrooms,
crumble 3 oz. of goat cheese to taste

Mix ingredients together.

Place in the middle rack of the oven. Bake for 30-35 minutes until eggs are set and golden brown on top.

BERRY PARFAIT

Half pint blueberries
and raspberries.

Quarter 6 large strawberries.

Mix together in a bowl
quartered strawberries,
blueberries, raspberries.

Add 1/2 teaspoon of sugar. Mix.

Place most of the mix into
parfait cups, reserving some to
top at the end, divide evenly.

In a separate bowl, add 1/2 cup
plain Greek yogurt, 1 tbsp
maple syrup (to taste). Divide
equally over the fruit in the
parfait cups.

Place 1/4 granola on top of each
parfait cup.

Top with remaining fruit.