

Angels Cook Book



Vegetable Frittata for Mom

2 tablespoons olive oil	1 cup baby spinach
1 large leek (white part only), chopped	1 ½ cups sliced cooked potatoes
1 teaspoon salt, divided, or as needed	12 large eggs
1 jalapeno pepper, seeded and diced	1 pinch cayenne pepper
1 ½ cups (1/2-inch) sliced zucchini	½ teaspoon freshly ground black pepper
1 ½ cups (1/2-inch) pieces asparagus	4 ounces crumbled goat-milk feta cheese, divided

Instructions:

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in heavy 10-inch skillet over medium heat. Cook leek with a pinch of salt, stirring occasionally, until leeks soften and start to turn translucent, 5 to 6 minutes. Add jalapeno and zucchini; season with pinch of salt.

Cook until zucchini start to get tender and pale green, about 5 minutes. Add asparagus and cook until bright green, about 1 minute. Add spinach and another pinch of salt, cooking until wilted, 1 minute. Stir in cooked potatoes and heat through, about 5 minutes.

Crack 12 large eggs into a bowl. Add cayenne, salt, and pepper. Whisk for at least 30 seconds. Pour eggs into over vegetables in skillet over medium heat. Add 3 ounces of crumbled goat cheese; stir lightly until evenly distributed. Top with remaining cheese. Remove from heat.

Bake in preheated oven until eggs are set, 12 to 15 minutes. When nearly set, turn on broiler. Broil frittata until top browns, 1 to 2 minutes. Cool slightly; serve warm.

Nutritional Information

Serving Size: 6 servings • Calories: 315
www.allrecipes.com/recipe/242351



Spring Lime Tea Cookies

2 teaspoons lime juice	2 tablespoons lime juice
cup milk	¼ cup white sugar
½ cup butter, softened	
¾ cup white sugar	
1 egg	
2 teaspoons lime zest	
1 ¾ cups all-purpose flour	
1 teaspoon baking powder	
¼ teaspoon baking soda	

Instructions:

Preheat oven to 350 degrees F (175 degrees C). Combine the 2 teaspoons of lime juice with the milk, let stand for 5 minutes.

In a large bowl, cream together the butter and ¾ cup sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder and baking soda, blend into the creamed mixture. Drop rounded spoonfuls onto the ungreased cookie sheets.

Bake for 8 to 10 minutes in the preheated oven until the edges are light brown. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely.

To make the glaze, stir together the remaining lime juice and sugar. Brush onto cooled cookies.

Nutritional Information

Serving Size: 24 servings • Calories: 105
www.allrecipes.com/recipe/16404