

## **Recipes for the Week of 09/12 – 09/18 Include:**

- **Salmon and Swiss Chard Quiche**
  - Swiss Chard
  - Onions
- **Broccoli and Cheese Quiche**
  - Broccoli
- **Lemon Pepper Green Beans**
  - Snap Beans

# Salmon and Swiss Chard Quiche

**Yield:** 8 servings  
**Prep time:** 45 mins  
**Cook time:** 35 mins



## Ingredients:

- 2 tablespoons butter, divided – Try all-natural butter from Sparkman’s Creamery
- 1/4 cup plain dried bread crumbs
- 2 cups 2% milk – Try all-natural milk from Sparkman’s Creamery
- 8 ounces salmon fillets, skin removed
- 1/3 cup chopped onion (Included in this weeks veggie box)
- 1/2 bunch Swiss chard, chopped (Included in this weeks box)
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon dried marjoram
- 1/8 teaspoon ground nutmeg
- 3 eggs – Try Organic eggs from Egglard’s Best

## Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Butter a 10 inch pie plate using about 1 tablespoon of butter. Sprinkle bread crumbs into the pie dish and shake to coat evenly, discarding excess.
2. Pour the milk into a large saucepan and warm over medium heat. Add the salmon fillets and bring to a simmer. Cover and cook for about 10 minutes, or until salmon can be flaked with a fork.
3. Melt the remaining butter in a large skillet over medium heat. Add the onion and Swiss chard; cook and stir until tender and most of the liquid has evaporated. Season with salt, pepper, marjoram and nutmeg. Set aside to cool; you should have about one cup of chard and onion.
4. Spread the chard mixture and flake the salmon into the prepared pie plate. In a medium bowl, whisk together the eggs and one cup of cooled milk from poaching the salmon. Pour into the pie dish.
5. Bake for 35 minutes in the preheated oven, or until the center is set. Cool slightly before serving.

# Broccoli and Cheese Soup

**Yield:** 18 servings  
**Prep time:** 15 mins  
**Cook time:** 30 mins



## Ingredients:

- 3/4 cup butter – Try all-natural butter from Sparkman’s Creamery
- 3/4 cup all-purpose flour – Try Organic flour from Heartland Mills
- 9 cups chicken stock
- 9 cups milk – Try all-natural milk from Sparkman’s Creamery
- 1 teaspoon salt
- 1 1/2 teaspoons white pepper
- 5 cups fresh broccoli florets (Included in this weeks box)
- 1 1/2 pounds cheddar cheese, shredded
- 3 cups shredded Cheddar cheese

## Directions

1. Melt the butter in a large pot over medium heat, and mix in the flour. Reduce heat to low, and cook, stirring constantly, about 2 minutes. Mix in the chicken stock and milk, and season with salt and white pepper. Bring to a boil, reduce heat to low, and simmer about 10 minutes.
2. Bring a pot of lightly salted water to a boil. Place the broccoli in the boiling water, and cook 2 minutes, or until just tender. Remove from heat, drain, and set aside.
3. Gradually mix the Cheddar cheese into the large pot until melted. Mix in the broccoli. Continue cooking about 5 minutes.

# Lemon Pepper Green Beans

**Yield:** 6 servings  
**Prep time:** 5 mins  
**Cook time:** 20 mins



## Ingredients:

- 1 pound fresh green beans, rinsed and trimmed (Included in this weeks box)
- 2 tablespoons butter – Try all-natural butter from Sparkman’s creamery
- 1/4 cup sliced almonds
- 2 teaspoons lemon pepper

## Directions:

1. Place green beans in a steamer over 1 inch of boiling water. Covers, and cook until tender but still firm, about 10 minutes; drain.
2. Meanwhile, melt butter in a skillet over medium heat. Sauté almonds until lightly browned. Season with lemon pepper. Stir in green beans, and toss to coat.