

LOVE STARTS IN THE KITCHEN!™

By: Rita Nader Heikenfeld, CCP, CMH

Macy's Culinary Professional, Certified Modern Herbalist, Jungle Jims Staff Educator, Community Press Columnist

RITA ON THE WEB!

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OVERNIGHT HERBED EGG CASSEROLE FOR SPRING

The beauty of recipe is that you can assemble it the night before and bake it in the morning. And talk about variations on a theme –I've given some of them below.

MASTER RECIPE

1 dozen eggs

3 cups milk

1 pound grated cheddar or favorite shredded cheese

Handful of fresh parsley and chives (opt)

Sea salt and pepper to taste

Optional: any add-ins you like: a pound of sautéed sausage, bacon, mushrooms, shallots, asparagus, spinach, roasted red pepper, sautéed spinach, etc.

Preheat oven to 350. Whisk eggs by hand or use a mixer to blend well. Add milk and blend. Add herbs and salt and pepper. Pour into sprayed or greased 9x13 pan – depending upon the size of the eggs, you will have enough to fill another small casserole, about 1 quart or so. This will take anywhere from about an hour or hour and a half to bake, depending upon what's in it and if it was left overnight in the frig. You'll know it is done when it's all puffed and golden.

Note: you can use less cheese, or none at all, if you wish

- **TIPS FROM RITA'S KITCHEN:**

- Eggs contain B vitamins
- Milk contains important nutrients for bones
- Parsley is like a vitamin pill in a plant
- Sea salt has more flavor and minerals than regular salt so you can use less
- Mushrooms have a good amount of potassium, good for healthy hearts and muscles

RITA'S HERB OF THE WEEK: CHIVES

Chives are a member of the onion family, and are hardy perennials. There are two kinds that we grow here: onion and garlic chives. Their flavor is not as pungent as onions and garlic, but they do have wonderful healing qualities. They are called the gentle healer because, as members of the onion and garlic family, chives are great for your heart. Onion chives have straw like leaves with pink flowers; garlic chives have flat leaves with white flowers. Both make wonderful vinegars. (Excerpted from my book *Culinary Herbs that Heal Body and Soul*).

READ RITA!

My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Jungle Jims

RITA'S YUMMY BREAD BLENDS!

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