

Greek Quiche by Travis Abrahamson

Ingredients:

- 1 pie crust (I prefer Whole foods spelt pie crust)
- 2 slices of thick pork bacon (I use nitrate-free cured bacon)
- ½ medium sized onion
- ½ tsp. minced garlic
- ¼ tsp. salt & ¼ tsp. pepper
- ½ cup firm feta crumbles
- 2 cups frozen chopped spinach
- 3 eggs
- 1 cup **whole** milk

Preparation:

- Preheat oven to 375
- Fry bacon at medium-high heat and render fat until bacon is crisp. Set aside on a paper towel
- In bacon grease, sauté onions and garlic until caramelized. Add frozen spinach until softened
- In a separate bowl combine eggs, milk, salt, pepper and Feta cheese. Crumble in cooled bacon
- Add onions-garlic-spinach mix to egg mixture
- Pour into pie crust and bake 30-35 minutes until center is firm and crust is not overly burnt on edges
- (optional: ¼ cup sliced Kalamata olives could be added to egg mixture)

Serving suggestions:

- 1 quiche can be cut into 4-5 pieces
- Serve with a side of spring greens topped with a couple slices of cucumber, tomatoes, and kalamata olives lightly drizzled with a Greek vinaigrette
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Currant Scones by Travis Abrahamson

Ingredients:

- 1 ¾ cups flour (for a heartier biscuit use whole wheat flour)
- 2 ¼ tsp. double acting baking powder
- 1 ½ Tbsp. sugar
- ½ tsp. salt
- ¼ cup cold butter
- 1/3 cup cream
- 2 eggs
- 1/3 cup dried currants

Preparation:

- Preheat oven to 450
- Mix dry ingredients in a bowl and cut in the butter until small, pea-like bundles of butter are scattered throughout
- Add currants in flour mixture(optional:1/3 cup chopped nuts)
- Beat eggs in a separate bowl (reserve a couple Tbsp. of the beaten egg aside to brush the scones before baking)
- Take dry ingredients and make a well in middle
- Pour the eggs and cream into the dry ingredients and mix until a thick dough is formed
- Spread the dough onto a floured surface a fashion into 1/2” thick circle/pie
- Cut the “pie” into 8 pieces and place on the baking pan
- Brush the 8 scones with the egg
- Sprinkle each scone with sugar
- Bake for 15 minutes