



On-line Cooking Demo: Preparation Instructions

ASPARAGUS CHIVE FRITTATA WITH ARUGULA SALAD AND LEMON OREGANO POTATOES

Serves: 4

Produce:

1 bunch asparagus
Fresh chives
5 oz container baby arugula
1 cup cherry tomatoes
1.5 lb baby potatoes (any colour)
1 lemon

Pantry:

Kosher salt
Freshly ground black pepper
Dried oregano
Olive oil
Balsamic vinegar
Toasted pine nuts

Protein:

8 large eggs
1 ½ cups grated sharp cheddar cheese

Equipment:

Medium bowl
Large bowl
Whisk
Cast iron skillet (or oven proof skillet) with cover (doesn't have to be a set, just anything that fits the top)
Baking sheet
Parchment paper



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BIRDSEED BITES

Makes: 30 bites

Pantry:

Brown sugar
1 cup roasted shelled sunflower seeds
1 cup roasted shelled pumpkin seeds
2 Tbsp whole Flaxseeds
½ cup sesame seeds
Sea Salt
Dried cranberries
Chocolate chips

Protein:

2 large egg whites

Equipment:

Mini muffin tin with liners OR silicone mini muffin tray
Large bowl
Whisk or rubber spatula
Tablespoon or small ice-cream scoop
Cooling rack
Airtight container to store