

Mother's Day Recipes

Peach Tea

Ingredients:

Peach syrup:

1 cup sugar
1 cup water
2-3 sliced fresh peaches



Tea:

3 tea bags
6 cups water

Directions:

Bring syrup ingredients to boil, and then reduce heat to medium. Crush peach slices as you stir to dissolve sugar. Turn off heat, cover, and let sit for 30 minutes. Boil water and brew, letting tea steep 5 minutes. Remove tea bags and refrigerate. Strain syrup through a fine strainer to remove fruit pieces. Add syrup to tea and serve over ice.

Chocolate Covered Strawberries

Ingredients:

16 ounces milk chocolate or white chocolate chips
2 tablespoons shortening
Large strawberries



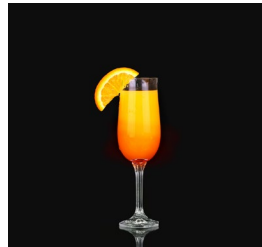
Directions:

In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth. Dip the strawberries into the chocolate mixture. Place on wax paper to cool and refrigerate for 30 minutes.

Mimosa Sangria

Ingredients:

1 orange
1 lemon
6 ounces blueberries
6 ounces raspberries
 $\frac{3}{4}$ cup peach schnapps
3 cups orange juice
1 bottle champagne



Directions:

Slice the orange and lemon into thin slices. Place the raspberries, blueberries, lemon, and orange slices in a large pitcher. Pour the peach schnapps and orange juice into pitcher. Refrigerate the mixture 3 hours or overnight. Right before serving, add champagne and stir. Pour into glasses, and serve!

Spinach and Cheese Egg Bake

Ingredients:

5 ounces organic, fresh spinach (4 cups packed)
1-2 teaspoons olive oil
1 $\frac{1}{2}$ cups low-fat mozzarella
 $\frac{1}{3}$ cup thinly sliced green onions
8 eggs, beaten
1 teaspoon all-purpose seasoning mix
salt and fresh ground black pepper to taste



Directions:

Preheat oven to 375° F. Spray an 8 $\frac{1}{2}$ " x 12" inch glass casserole dish with nonstick spray. Heat the oil in a large frying pan, add spinach all at once, and stir just until the spinach is wilted, about 2 minutes. Transfer spinach to the casserole dish, spreading it around so the bottom of the dish is covered. Layer the grated cheese and sliced onions on top of the spinach.

Beat the eggs with seasoning and salt and fresh ground pepper to taste. Pour the egg mixture over the spinach/cheese combination, and then use a fork to gently "stir" so the eggs, spinach, and cheese are evenly combined. Bake about 35 minutes or until the mixture is completely set and starting to lightly brown. Let cool about 5 minutes before cutting. Serve hot.

Asparagus and Mushroom Carbonara

Ingredients:

1 pound asparagus, cut into bite-sized pieces
8 ounces mushrooms, quartered
1 tablespoon olive oil
8 ounces fettuccine
4 ounces pancetta, diced
1 clove garlic, chopped
2 eggs
½ cup parmesan cheese, grated
Black pepper and salt to taste
1 tablespoon parsley, chopped



Directions:

Toss the asparagus and mushrooms in the oil, salt, and pepper; place on a baking sheet in a single layer and roast in a preheated 400° F oven about 20-30 minutes. Start cooking the pasta as directed on the package.

Cook the bacon in a pan, pour off all but a tablespoon of the grease from the pan, add the garlic, cook for 30 seconds, and turn off the heat.

Mix the egg, cheese, pepper, salt, and parsley in a bowl. Mix the pasta, egg mixture, asparagus, and mushrooms into the pan with the bacon. Serve immediately.

Berry Parfait

Ingredients:

$\frac{3}{4}$ cup fresh strawberries, sliced
 $\frac{3}{4}$ cup fresh blueberries, whole
6 ounces vanilla yogurt
1 tablespoon wheat germ
 $\frac{1}{2}$ banana, sliced
 $\frac{1}{3}$ cup granola



Directions:

Divide ingredients roughly in thirds, layering in order of berries, yogurt, wheat germ, banana, and granola. Repeat twice.

French Omelet

Ingredients:

2 eggs, beaten
1 tablespoon water
2 teaspoons butter
1 tablespoon fresh chives, finely chopped
1 tablespoon fresh basil leaves, chopped
Ham, diced in cubes
Cheese, grated



Directions:

Combine the eggs and water in a medium mixing bowl. Whisk the ingredients until the egg yolks and whites are mixed thoroughly. Heat a medium frying pan over high heat. Add the butter to the pan. Swirl the pan so the butter evenly coats the base. Do not allow the butter to burn and turn brown.

Pour egg mixture into hot pan. The egg will begin to solidify around the edges of the pan. Use a wooden spoon to pull the edges of omelet so the uncooked egg can run to the sides and cook properly. The omelet is cooked when the egg no longer runs freely. It will be lightly browned underneath. Spoon the filling onto one side of the omelet. Use a turner to fold the other side of the omelet covering filling, and slide onto serving plate.

Stuffed Bell Peppers

Ingredients:

6-8 green, orange, or yellow bell peppers
1-2 pounds ground beef
1 medium white onion, chopped
1 large can diced tomatoes
2 garlic wedges, minced
1 cup cheddar cheese
Salt and pepper to taste



Directions:

Preheat oven to 350° F. Cut the tops off the peppers and remove all the seeds. Simmer peppers in boiling water for 5 minutes. Heat olive oil in large skillet over medium heat. Stir in onions, garlic, and diced tomato, and fry for about 3 minutes. Stir in ground beef. Cook the meat until it is browned. Stuff the mixture into the hollowed-out peppers. Place stuffed peppers onto a baking tray. Bake in preheated oven for 12-15 minutes. Top with cheddar cheese and bake for 5 additional minutes.

Classic Chicken Salad

Ingredients:

2 ½ cups cooked chicken, diced
4 cooked bacon strips, crumbled
8 ounces sliced water chestnuts
½ cup celery, diced
1 cup grapes, cut
¾ cup mayo or dressing
1 tablespoon dried parsley, diced
2 teaspoons green onion, diced
1 teaspoon lemon juice
¼ teaspoon ground ginger
1 dash Worcestershire sauce
Salt and pepper to season



Directions:

Mix the chicken, bacon, water chestnuts, celery, and grapes. In a separate bowl, whisk all other ingredients; combine all ingredients and toss to coat. Let chill. Serve over lettuce.

Simple Scones**Ingredients:**

3 ½ cups self-rising flour
1 teaspoon baking powder
1 tablespoon sugar
½ teaspoon salt
2 ounces unsalted butter, chilled and diced
1 cup milk
2 teaspoons lemon juice
1 egg, beaten

**Directions:**

Preheat the oven to 400 ° F. Line an oven tray with parchment paper. Sift the flour and baking powder into a large mixing bowl. Stir in the sugar and salt. Add the butter, and using your fingers, rub the butter into the flour until it forms a breadcrumb texture.

Mix together the milk and lemon juice, the mixture will curdle slightly. Add the beaten egg and pour into the flour mixture. Mix gently just until dough forms, making sure not to overwork the dough. Form into a rough ball shape, turn out onto a lightly floured surface and knead very lightly. The dough should feel slightly wet and sticky.

Flatten out the dough to a thickness of 1 ¼” and cut out rounds using a cookie cutter. Place the rounds on the prepared oven tray, 1” apart, and brush the tops with a little milk. Bake for 10-12 minutes, or until they have risen and are golden brown. Serve immediately while still warm with jam, butter or cream.

Sweet Potato Salad

Ingredients:

- 2 medium potatoes
- 1 sweet potato
- 4 large eggs
- 2 stalks celery, diced
- ½ onion, diced
- ¾ cup mayonnaise
- 1 tablespoon mustard
- 1 teaspoon salt
- 1 ½ teaspoons black pepper



Directions:

Boil a large pot of salted water. Add the potatoes and cook until tender, around 30 minutes. Drain, let cool, then peel and cut. Place the eggs in a saucepan of cold water. Boil water, then cover and remove from heat. Let the eggs stand in hot water for around 10 minutes. Remove, let cool, then peel and chop. Mix the potatoes, eggs, celery, and onion. Whisk together the mayo with the mustard, salt, and pepper. Mix into potato mixture and stir until well coated. Refrigerate and serve chilled.

Cobb Salad

Ingredients:

- 1 head iceberg lettuce, chopped
- 1 head Bibb lettuce, chopped
- 12 hard-boiled eggs, chopped
- 6 ripe avocados, diced
- 2 pounds smoked turkey, cut into ½" cubes
- 2 cups seeded, chopped tomato
- 6 ounces Roquefort cheese, crumbled
- 1 pound hickory-smoked bacon, cooked and crumbled



Directions:

In a large bowl, combine lettuces. Arrange egg, avocado, bacon, turkey, tomato, and cheese in rows on top of lettuce. Drizzle with vinaigrette dressing of your choice just before serving.

Cucumber Sandwiches**Ingredients:**

1 (8-ounce) block of cream cheese, softened
½ cup plain Greek yogurt
⅓ cup chopped fresh herbs
½ teaspoon salt
3 cloves garlic, minced
Zest and juice of half a lemon
Loaf of French bread
Cucumbers

**Directions:**

Any herbs can be used for this recipe. Chop enough fresh herbs to fill a ⅓ cup. Combine softened cream cheese, plain yogurt, herbs, salt, garlic, lemon zest, and lemon juice in a bowl. Mix with a wooden spoon or an electric mixer until combined. Slice the bread and the cucumbers. Spread herbed cream cheese on the bread and top with cucumbers.

French Onion Soup

Ingredients:

¼ cup butter
4 pounds onions, sliced
2 cloves garlic, chopped
1 teaspoon thyme, chopped
¼ cup flour
1 cup red wine
3 cups beef or vegetable broth
2 bay leaves
Salt and pepper to taste
4 (½" thick) slices of day old bread, toasted
1 cup gruyere, grated
¼ cup parmesan, grated



Directions:

Melt the butter in a large sauce pan over medium-low heat. Add the onions and cook slowly on low heat with the lid on until golden brown and caramelized, about 2-3 hours, stirring every 15 minutes. Raise the heat to medium, add the garlic and thyme, and sauté until fragrant, about a minute. Mix in the flour and cook for 2-3 minutes. Add the wine and deglaze the pan. Add the broth and bay leaves, bring to a boil, reduce the heat, and simmer for 30 minutes. Ladle the soup into oven-proof bowls on a baking sheet and top with the sliced bread and cheese. Broil until cheese melts, about 1-3 minutes.

Chocolate Éclairs

Ingredients:

½ cup butter
1 cup water
1 cup all-purpose flour
¼ teaspoon salt
4 eggs, beaten



Filling:

1 packet vanilla instant pudding mix
2 ½ cups milk
1 cup whipping cream
¼ cup sugar
1 teaspoon vanilla extract

Chocolate Icing:

1 ounce chocolate
2 tablespoons butter
1 cup sugar
2-3 tablespoons hot water

Directions:

Preheat the oven to 450° F. Combine the butter and water in a hot saucepan, stirring constantly until the butter is melted. It will be ready when it comes to a boil and the butter is foaming.

Reduce the heat, and add the flour and salt to the mixture, stirring constantly until the mixture forms a stiff ball. Remove from heat and add the eggs, one at a time, beating well after each addition.

Using a pastry tube or a tablespoon, spoon or pipe the dough into 4" x 1 ½" wide strips on lightly greased baking paper. Bake in the oven for 15 minutes. Reduce the temperature to 325° F and bake for an additional 20 minutes. Allow to cool on a wire rack.

To make the filling, combine the pudding mix and milk. Mix the ingredients according to packet directions.

Using a different mixing bowl, add the whipping cream and whip until soft peaks form. Add the sugar and vanilla, and then beat and fold into the pudding mixture. Fill the pastry shells with cream mixture.

To make the chocolate icing, combine the chocolate and butter in a saucepan until melted over low heat. Stir in sugar. Add hot water until icing is smooth. Allow to cool down slightly and then spread over the chocolate éclairs.