

Spring
Issue 2026

Seasonal Eatings

56
Recipes

Edible Flowers

Spring Seafood

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Table of Contents

Tasty Trails: Coastal Seafood	P.06
Ignore It by Amateur Home Cook/Jon Buffington	P.09
What's in Season - Why It Matters by Mark Frisch	P.12
Seafood Needs Dessert by Nikita Khandheria	P. 24
Seafood Dessert Pairing by Amy Decker	P.26
Easter in Early America by Kathy Barnett	P.28
Yummy Lemon Easter Cake by Amy Decker	P.32
History Behind America's Most Colorful Food	P.34



Edible Egg: Taste of Togetherness	P.36
How Incredible Is It? Kandy Derden	P.38
Energy Boosting Eggs for Breakfast	P.44
Heart Behind the Homemade: Mocktails	P.48
Cooking With Edible Flowers by Veronica Tegan	P.50
Vinegar Made From Flowers by Veronica Tegan	P.52
Tree to Table: Locust Blossoms Kathy Barnett	P.54
Let Fruit be Flowers by Renee Rhinehart	P.56

Recipe Index

Fish Chowder	P.06	Easter Bunny Poke Cake	P.31
Pan Seared Lemon Salmon	P.09	Lemon Bundt Cake	P.32
Bourbon Glaze for Salmon	P.11	Lemon Bundt Cake Toppings	P.33
Texas Style Baked Shrimp	P.14	Banana Walnut Bread	P.33
Pineapple Trout Amandine	P.14	Colonial Egg Dye	P.35
Super Simple Speedie Seafood Supper	P.15	Modern Egg Coloring	P.37
Tossed Tuna Salad	P.15	Pickled Eggs	P.39
Tuna Quiche	P.15	Spiced Eggs	P.39
Salsa Nachos With Shrimp	P.16	Tex-Mex Eggs & Beans	P.40
Clam Chowder	P.16	Floatng Islands	P.40
Shrimp Dip	P.17	Eggs & Mushroom Crepes	P.41
Cajun Style Bass	P.17	Classic Omelet	P.42
Zucchini Shrimp	P.18	Raisin Bread Pudding	P.42
Blend of the Bayou	P.18	Tea Eggs	P.43
Crab and Shells Casserole	P.19	Eggs and Sausage	P.43
Speedie Stir-Fry Shrimp	P.19	Turkey Bacon & Spinach Quiche	P.45
Scallops w/Sun Dried Tomatoes/Broccoli	P.20	Broccoli & Cheese Eggwhite Scramble	P.46
Popeye's Shrimp Fettuccine	P.20	Egg Muffin Cups	P.46
Shrimp Scampi	P.21	Heart Farmer's Breakfast	P.47
Microwaved Orange Roughy	P.21	Strawberry Lemon Refresher	P.49
Crawfish Ettouffé	P.22	Cucumber Mint Lemonade	P.49
Creamy Shrimp Carbonara	P.23	Nasturtium Pesto	P.51
Olive Oil & Citrus Almond Cake	P.25	Chive Blossom Vinegar	P.52
Chocolate Strawberry Ravioli	P.25	Fried Locust Blossoms	P.55
Almond Cake	P.27	Locust Blossom Fritters w/honey	P.56
Easter Bunny Coconut Tails	P.30	Side Dishes	P.58
Easter Swirl Pie	P.30	More Side Dishes	P.59

Letter from the Editor

I commented in an editorial last year about possibly reprinting the first article I ever wrote, over twenty years ago. Since we are focusing on seafood in this issue, it seems like a good time to follow through with the recipe which started it all.

THERE'S SOMETHING 'FISHY' ABOUT THIS CHOWDER

If the shoe fits, . . .
If at first you don't succeed, . . .
If you have fish sticks, . . .
The second half of the first two sentences is well-known, if not downright obvious.

The third one, however, is not so easy to complete. This is especially true, if you never asked for fish sticks in the first place.

As a member of a disaster relief team, I have learned how important it is to be flexible. Whether working in a kitchen equipped with only an oven, or cooking in a portable kitchen containing a stove, but no oven, creativity becomes important.

When a disaster strikes, volunteers with widely varied backgrounds gather with the common purpose of assisting victims by providing hot, nutritious meals.

Much of the food supply is donated. While we are always grateful for these provisions, it does cause some concern when the ingredients needed to make a specific recipe are not available.

Peppermint,
or pepperoni?
Pickles or pistachios?
Persimmons or pretzels?
Papaya or paprika?
Pumpkin or prunes?

These are all useful ingredients, but not necessarily interchangeable. Whether you're making pudding, pesto, pâté, pizza, pasta, or pie, the ingredients are the foundation of the recipe.

Continued on P. 6...



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Cover photo

Spring means fresh air, fresh flowers and fresh early garden foods to insert into your fresh menus. Did you know there are many flowers that are actually edible? However, if you aren't that brave, you can always use different foods to create those edible blowers. See P. 50.





FISH CHOWDER

In this case, we ordered canned tuna, but received frozen fish sticks. Much brainstorming took place until Chris Landwehr came to the rescue with a meal idea which was easy to adapt. An experienced cook, Chris has collected and developed some very interesting recipes.

The following is one version of chowder she first learned while working in a private school in St. Louis. Over the years she has adapted it for use with whatever supplies were available.

Chris has developed a keen sense of humor to help cope with otherwise difficult situations. On this particular occasion, fish sticks were available, but not necessarily functional because of the breading on them. Never wanting to waste food, and being long on volunteer labor, the decision was made to 'peel' the fish sticks. The result? Excellent chowder and much laughter over the absurdity of the situation as we watched that pile of crumbly breading grow until it reached eye level. Did I mention we were cooking for several hundred people?

When it was time to serve the meal, the weather turned cool and the sky was cloudy with a slow drizzle of rain for several hours. In other words, perfect chowder weather.

"So, if the shoe fits, wear it. If at first you don't succeed, try, try again. And if you have fish sticks, make chowder!"

Ingredients:

2-3 lbs. white fish, cut into cubes (may substitute chicken, turkey, lean pork or fish sticks minus the breading)

5 or 6 stalks celery, chopped

1 stick margarine

2 medium onions, chopped

1 tsp. salt and pepper, to taste

2 cans chicken broth

1 pkg. carrots, sliced thin

4-5 potatoes, sliced thin

1 to 1 ½ gallons milk (use some ½ & ½ for extra flavor)

2 cans cream style corn

3 (8 oz.) pkgs. cream cheese, cubed

Instructions:

Place first four ingredients in a large stewpot. Cook until vegetables are soft. Add the next four listed ingredients. Cook until vegetables are tender. (One gallon mixed vegetables may be substituted for the carrots and potatoes.) Add milk and corn. Cool until well-heated. Add cream cheese. Cook until melted and blended. If needed, add instant mashed potato flakes to create desired thickness. Optional seasonings: garlic, parsley flakes and basil. Serves 25.

Kandy Derden
Managing Editor

TASTY TRAILS

Coastal Seafood Routes

“From the Water to the Table”



From Chesapeake crab feasts to Pacific Northwest oysters, these regional seafood trails celebrate the waters that shape America’s favorite seafood traditions.

Across the United States, coastal communities have built their culinary identities around the day’s catch. From oyster beds and shrimp boats to crab pots and shellfish farms, these regional seafood trails highlight where local waters and local kitchens meet. For seafood lovers, following the trail often means discovering not only the freshest flavors but also the communities that keep America’s fishing traditions alive.

North: Chesapeake Bay Crab & Oyster Trail

The tidal waters of the Chesapeake Bay have long produced some of the most celebrated seafood in the Mid-Atlantic. Along the Maryland Crab & Oyster Trail, visitors discover restaurants, seafood houses, and festivals devoted to the region’s famous blue crabs and Chesapeake oysters. The tradition here is simple but iconic: steamed blue crabs piled high on newspaper-covered tables, seasoned with Old Bay and enjoyed slowly with family and friends.

In Annapolis, seafood lovers often make their way to Cantler’s Riverside Inn, a longtime waterfront

favorite known for classic Maryland crab feasts. Across the bay in Kent Narrows, Harris Crab House has been serving steamed crabs, crab cakes, and oysters overlooking the water for decades.

South: Texas Gulf Seafood Trail

Along the warm waters of the Gulf Coast, shrimp boats and oyster harvesters supply the ingredients that define Texas coastal cuisine. The Texas Seafood Trail celebrates restaurants and seafood markets serving authentic Gulf catch—from shrimp and oysters to red snapper and blue crab. Bold flavors often take center stage here, where Cajun, Mexican, and

Southern cooking traditions meet the Gulf's bounty.

In Galveston, one of the most famous seafood stops is Gaido's Seafood Restaurant, a Gulf Coast institution serving seafood since 1911. Farther south in Corpus Christi, waterfront favorite Snoopy's Pier is known for fried Gulf shrimp baskets, fish tacos, and sweeping views of the Laguna Madre.

West: Washington Shellfish Trail

In the cool Pacific waters of the Northwest, shellfish farming has become both an art and a way of life. The Washington Shellfish Trail leads travelers through the oyster beds and tidal inlets surrounding Puget Sound, where oysters, clams, and mussels thrive in the nutrient-rich waters.

Visitors looking for the freshest oysters often head to Taylor Shellfish Farms, where diners can sample oysters harvested just offshore. On the Olympic Peninsula, the rustic waterfront setting of Hama Hama Oyster Saloon serves grilled oysters, chowder, and shellfish straight from nearby oyster beds.

East: Long Island Seafood Cuisine Trail

The Atlantic waters surrounding Long Island support a vibrant fishing tradition, and the Long Island Seafood Cuisine Trail highlights restaurants and seafood markets showcasing the region's daily catch. Oysters harvested from local bays, fresh clams, lobster rolls, and classic chowders all appear on menus along the coast.

Travelers exploring the East End often stop at The Lobster Roll

(LUNCH), a beloved roadside seafood shack famous for its lobster rolls and classic coastal dishes. In nearby Montauk, the dockside market at Montauk Seafood Company offers freshly landed fish and shellfish straight from local boats.

Across these coastal regions, the connection between water, community, and cuisine remains at the heart of every seafood tradition. Whether it's oysters pulled from the cold waters of Puget Sound, shrimp harvested along the Texas Gulf, or blue crabs gathered from the storied waters of the Chesapeake Bay, each catch carries with it generations of culinary heritage. For home cooks, the inspiration is simple: start with the freshest seafood you can find, prepare it with care, and let the natural flavors of the sea shine through—just as coastal kitchens have done for centuries



Pan-Seared Lemon Salmon

The One Time in Life When Ignoring Something is Completely the Right Move.



Jon Buffington,
The Amateur
Home Cook

Cooking salmon at home has an undeserved reputation for

being fancy. People hear “salmon” and immediately picture something served on a slate-colored plate at a restaurant, lemon wedges placed with surgical precision, and a waiter describing the fish’s emotional journey from ocean to table while using words like notes and finish. It sounds elegant. Sophisticated.

But here’s the truth: great salmon is ridiculously simple. In fact, the hardest part of this recipe is resisting the deep human urge to constantly poke the fish like it’s going to text you back.

The secret to perfect salmon isn’t exotic ingredients or chef wizardry. And it’s not complicated sauces, obscure spices, or whispering encouraging words to the skillet. It’s patience (and a little bit of hot oil). The secret is heat, seasoning, and leaving the fish alone long enough to mind its own business.

When salmon sits undisturbed in hot oil, something magical happens. The outside develops a golden crust so beautiful it could make a seafood restaurant jealous, while the inside stays tender, buttery, and downright luxurious, like the salmon spent a relaxing weekend at a spa with your wife. It’s the culinary equivalent of letting someone finish their sentence—good things happen when you stop interrupting.



And the ingredient list? Simpler than a goldfish’s memory:

- Olive oil
- Salt
- Pepper
- Salmon

That’s it. No marinades. No fishy business. Just the basics.

The only real decision you need to make is choosing the right size fillet. I recommend 6-ounce portions, which most fish counters conveniently sell already cut. I get mine at the local Sam’s Club. This size cooks evenly, giving you a crisp exterior while keeping the inside moist and flaky instead of turning it into something that resembles driftwood. So today we’re going to cook salmon the way professionals do it: hot pan, confident seasoning, and a strict “no fiddling” policy.



Ingredients

- 4 salmon fillets (about 6 ounces each)
- 1 tablespoon olive oil
- Salt
- Lemon Pepper Seasoning

Directions

Step 1 – Season Like You Mean It

Pat the salmon dry with paper towels. This helps the fish sear instead of steam, which is the difference between “restaurant quality” and “sad aquarium exhibit.”

Season both sides generously with salt and lemon pepper seasoning. Don’t skimp here; the biggest mistake home cooks make is under-seasoning. Fish like salt almost as much as they like swimming.

Step 2 – Heat the Pan

Place a 12-inch nonstick skillet over medium-high heat and add the olive oil.

Let the oil heat until it’s shimmering and looks slightly wavy. This means the pan is ready and the salmon’s about to get a warm welcome to the frying pan... which, as every fish fears, is generally the next step after the fire! Believe me, this is the culinary equivalent of the starting pistol.

Step 3 – The Great Salmon Standoff

Place the salmon into the pan - skin side up. You should hear a satisfying sizzle. That sound is flavor being born! Cook the salmon undisturbed for about 4 minutes, until the surface becomes golden and crisp.

And when I say undisturbed, I mean it. Do not poke it. Do not shake the pan. Do not lift a corner to “take a quick look.” Take my word for it – just don’t touch it or even look at it for too long!

This is not a time for curiosity. This is a time for trust. Letting the salmon sear untouched is how you get that beautiful crust that makes dinner guests say, “Wow, this is off the scales.” Yes, pun intended this time.

Step 4 – The Flip

Carefully flip the fillets and reduce the heat to medium. Cook another 4–5 minutes, depending on how you like your salmon.

At this stage the fish should flake easily with a fork and still look moist and tender inside—basically the exact opposite of the dry salmon everyone fears.

Step 5 – Serve

Transfer the salmon to plates and serve immediately. You’ve just made salmon that looks suspiciously

like it came from a restaurant that charges \$28 for it. And it might just make people start fishing for compliments. Ok, Ok, I intended that one too!

Final Thoughts

(The Fish Tale Ending)

Pan-seared salmon is proof that cooking doesn't have to be complicated to be impressive. In fact, it proves that sometimes the best cooking technique is doing less.

Four ingredients. One pan. Eight minutes of cooking. And suddenly dinner looks like something from a restaurant where the menu has words like artisan and market price. It's quick enough for a weeknight but fancy enough for a dinner party, which is the culinary sweet spot we're all secretly chasing.

The real secret is patience. When you leave the salmon alone, the pan does the work, the crust forms, and dinner turns out great! In other words, sometimes the best cooking technique is simply not getting too deep into the weeds... or the seaweed.

As an amateur home cook, I have learned that many kitchen disasters come from one simple problem: meddling. Sauces get complicated. Ingredients get fancy. We stir too much. Flip too early. Adjust things that were perfectly happy without our help. Before long, you're three steps into a recipe wondering if the fish would've been happier staying in the ocean.

Salmon, it turns out, is an excellent teacher of life lessons. Put it in a hot pan, season it well, and let it do its thing. Honestly, if more things in life followed those rules, we'd all be doing "fin"-tastic!

Addng Bourbon Glaze to the Salmon

Shared by Renée Gordon, history writer

INGREDIENTS

1/4 cup bourbon
1/4 cup brown sugar
3 tablespoons soy sauce
1 tablespoon honey or maple syrup
1 clove garlic, minced
1/2 teaspoon fresh ginger, grated (optional)
Juice of 1/2 lemon



INSTRUCTIONS:

1. Prepare the Glaze: In a small saucepan, combine the bourbon, brown sugar, soy sauce, honey (or maple syrup), garlic, ginger (if using), and lemon juice. Bring the mixture to a simmer over medium heat and cook, stirring occasionally, until the glaze thickens, about 5-7 minutes. Remove from heat and set aside.

Prepare salmon using The Amateur Cook's instructions preceding this recipe.

Option 1: At step 4, reduce the heat to low, and spoon the glaze over the fillets as they finish cooking, allowing the glaze to caramelize slightly, about 2-3 minutes.

Option 2: Serve glaze separately for those who wish to sample by dipping the salmon into the glaze. Bourbon Glazed Salmon balances savory, sweet, and smoky flavors. The salmon fillets are brushed with a rich glaze made from bourbon, brown sugar, soy sauce, and a hint of garlic, creating a beautiful caramelized finish as they cook. The result is tender, flaky salmon with a luscious, slightly sticky glaze that enhances the natural flavors of the fish. This recipe is easy enough for a weeknight dinner, yet impressive for a special occasion. Serve it with steamed veggies or a side of rice to soak up every drop of the delicious glaze.

SPRING SEAFOOD TRENDS

What's in Season And Why It Matters



By Mark Frisch
Co-Owner of
Beaver Street
Fisheries

Spring has always been a season of reset. In seafood, it's no different.

As waters begin to warm across the Gulf and along the Atlantic, fisheries shift, migration patterns change, and new harvest cycles begin. For those of us in the seafood industry, spring signals opportunity - not just for suppliers and chefs, but for home cooks who want fresher flavor, better value, and more sustainable choices on their plates.

At Beaver Street Fisheries, we work closely with harvesters, processors, and retailers nationwide. And every year, the same question comes up: what should we be eating right now? Here's what's in season this spring - and why it matters.

Gulf Shrimp: Peak Freshness, Peak Flavor

Spring is prime time for wild-caught Gulf shrimp, particularly from Florida and Texas waters. As the season opens and supply



increases, quality is exceptional. From an industry perspective, buying shrimp in season supports American fishing families. And it ensures traceability - some-

world. For home cooks, that translates to confidence and incredible flavor.

Simple Spring Recipe:

Sauté wild Gulf shrimp with olive oil, garlic, lemon zest, and fresh parsley. Toss with angel hair pasta and finish with a splash of white wine. It's a 15-minute dinner that tastes restaurant-worthy.

Soft-Shell Crab: A True Seasonal Delicacy

Few seafood items signal spring quite like soft-shell crab. Available for only a short period of time, typically April through early sum-

"Spring is an invitation to try something new."

- Mark Frisch

thing consumers care about more than ever. According to the National Oceanic Atmospheric Administrations Fisheries, U.S. wild-caught seafood is among the most sustainably managed in the

mer, these crabs are harvested just after molting, when their shells are tender and entirely edible.

From a supply chain standpoint, soft-shell crab is a product that requires precision timing and skilled handling. It's one of the clearest examples of how seafood is both agricultural and artisanal. For home cooks, it's surprisingly approachable.

Simple Spring Recipe:

Lightly dredge soft-shell crabs in seasoned flour, pan-fry in butter until golden, and serve on a toasted brioche bun with arugula and remoulade. It's spring on a sandwich.

Mahi-Mahi & Grouper: Lighter, Brighter Dishes

As temperatures rise, consumer preferences shift toward lighter proteins and fresher flavors. Species like mahi-mahi and grouper fit the moment.

Mahi-mahi, often sourced from responsibly managed fisheries in Latin America and the Caribbean, offers a mild, slightly sweet flavor. Grouper, a favorite in Florida waters, is firm and ideal for grilling. From an industry perspective, diversification matters. Encouraging consumers to explore species beyond salmon and tuna helps balance demand and reduce pressure on a narrow group of fisheries. The Marine Stewardship Council

has long emphasized that broadening seafood choices supports sustainable ecosystems. Spring is the perfect time to experiment.

Simple Spring Recipe:

Brush mahi-mahi with olive oil, then grill and squeeze a lime. Top with mango-avocado salsa. Serve with cilantro rice for an easy week-night dinner that feels coastal and fresh.



Domestic Blue Crab & Crawfish: Regional Traditions

Spring also marks the beginning of blue crab and crawfish season across the Southeast.

These fisheries are deeply tied to regional economies. In states like Louisiana and Florida, crawfish boils and crab feasts aren't just meals - they're community events. Buying seasonal, domestic seafood supports local working waterfronts and reduces reliance on imported products. It also ensures optimal quality. Seafood is always best when supply aligns with nature's cycle.

Simple Spring Recipe:

Host a backyard crawfish boil with corn, potatoes, and sausage - or fold lump blue crab into a chilled spring pasta salad with lemon and fresh herbs.

Why Eating in Season Matters

Unlike land-based agriculture, seafood seasons aren't always obvious to consumers. Grocery stores stock many species year-round, thanks to global sourcing and frozen-at-sea technology.

But seasonality still matters. When seafood is harvested at its natural peak flavor improves, pricing stabilizes, supply chains are more efficient, and fisheries operate within sustainable quotas.

In our industry, we often talk about traceability and responsible sourcing. But at the end of the day, what matters most is trust - trust that what's on your plate is safe, high-quality, and responsibly sourced.

Spring is an invitation to try something new. Don't be afraid of species you haven't cooked before. Seafood doesn't have to be complicated.

If more families cooked seafood at home, even one additional night per week, it would support American fisheries, strengthen coastal communities, and promote healthier diets nationwide. Spring gives us the perfect reason to start.

TEXAS STYLE BAKED SHRIMP

Ingredients

12 oz. fresh sliced mushrooms
1 c. chopped sweet green pepper
½ c. chopped celery
1/3 c. chopped pimiento
¾ c. butter
2 c. small, cooked, shelled shrimp
2 c. cooked rice
1 can tomatoes, drained
1 can chopped green chilis, drained
1 tbsp. chili powder
salt, to taste



Instructions:

Sauté mushrooms, green pepper, celery and pimiento in ¼ c. butter about 5 minutes. Add remaining ingredients and blend. Pour into a greased casserole dish. Melt the remaining butter and drizzle over top. Bake at 300° for 1 hour.

PINEAPPLE TROUT AMANDINE

Ingredients:

6 whole trout
6 tsp. lemon juice
½ c. flour
salt and pepper, to taste
1/3 c. butter
paprika, to taste
6 whole canned pineapple slices
2 tbsp. butter
½ c. slivered blanched almonds
1 lemon, cut in wedges



Instructions:

Brush trout inside and out with lemon juice. Coat each in flour, seasoned with salt and pepper. Brown slowly in 1/3 c. butter. Drain pineapple slices and dust with paprika. Heat 2 tbsp. butter in small pan. Stir in almonds and fry over low heat until golden brown. Sauté pineapple slices in same pan, adding more butter if needed. Carefully transfer trout to warm platter then top with pineapple slices and almonds. Garnish with lemon wedges.

SUPER SIMPLE SPEEDIE SEAFOOD SUPPER

Ingredients:

1 lb. frozen mixed vegetables
12 oz. canned tuna, drained
1 can cream of celery soup
1 c. instant rice
1 c. milk
Goldfish crackers



Instructions:

Combine vegetables and tuna. Stir in soup, rice and milk. Transfer to microwaveable casserole dish. Cover and cook on high for 6-8 minutes. Stir and sprinkle with crackers.

TOSSED TUNA SALAD



Instructions:

Prepare a tossed salad with your favorite combination of mixed salad greens. Add optional items such as cauliflower, broccoli and cucumbers, etc. Include 2 cans drained tuna and a jar of drained pimientos. Drizzle your favorite Italian dressing over top and sprinkle with bacon bits.

TUNA QUICHE

Ingredients:

1 prepared 9" pie crust
1 can evaporated milk
4-5 eggs
chopped onion, to taste
1 tbsp. chopped pimiento
dried basil, to taste, optional
½ tsp. salt
1 can tuna, drained
½ c. shredded Cheddar cheese
broccoli, optional, to taste



Instructions:

Preheat oven to 450°. Bake pie crust for 5 minutes; cool. Reduce oven temperature to 325°. In large bowl, whisk milk and eggs. Stir in seasonings. Fold in tuna and cheese. Transfer to pie crust. Bake for 30 minutes. If desired, steam broccoli; drain. After 30 minutes bake time, arrange broccoli over top of quiche and continue to bake 25-25 minutes.

SALSA NACHOS WITH SHRIMP

Ingredients:

1 chopped tomato
green onion, sliced, to taste
chopped fresh cilantro, to taste
2 tbsp. seafood cocktail sauce
red pepper sauce, to taste
1 c. shredded Mexican cheese blend
Approximately 25 small fully cooked peeled deveined shrimp with tails removed
tortilla chips



Instructions:

Combine first five ingredients; set aside. Scatter a layer of tortilla chips on a platter, sprinkle with cheese and microwave until cheese is melted. Spoon salsa over cheese and top with shrimp.

CLAM CHOWDER

Ingredients:

3 slices bacon, chopped
2 onions, chopped
2 tbsp. butter
2tb sp. flour
1 2/3 c. milk, heated
1 large potato, peeled and cubed
salt and pepper, to taste
2/3 c. cream
3/4 c. corn kernels, drained
1 (10 oz.) can baby clams in brine



Instructions:

In large pan, cook bacon and onion for 5 minutes, stirring constantly. Add butter, stirring until melted than add flour and stir. Remove pan from heat and gradually stir in hot milk. Return to low heat and stir until thickened and begins to bubble. Add potato and seasoning. Cook 10-15 minutes or until tender. Add cream and corn and bring back to a simmer. Drain the clams. Add to soup and heat slowly; do no allow to boil.

SHRIMP DIP

Ingredients:

8 oz. pineapple cheese spread
½ c. apricot or peach preserves
2 tbsp. seafood cocktail sauce
4 oz. salad shrimp
green onions, sliced
assorted crackers



Instructions:

Spread cheese on a platter. Cover with a layer of preserves mixed with cocktail sauce. Top with shrimp and sprinkle with onions. For an extra flavor twist, sprinkle with coconut. Serve with crackers.

CAJUN - STYLE BASS

Ingredients:

2 tsp. oregano
2 tsp. paprika
½ tsp. ginger
½ tsp. pepper
¼ tsp. cayenne
1 tbsp. olive oil
4 thick sea bass steaks, skinned
salt, to taste
thyme sprigs for garnish



Instructions:

Combine the spices and oil in a bowl, then rub over the filets. Preheat a large nonstick sauté pan then add the prepared bass. Pan fry for 2-3 minutes until just beginning to blacken. Flip each to other side, reduce heat and cook for 3-6 minutes more until juices run clear. sprinkle with salt and thyme just before serving.

ZUCCHINI SHRIMP

Ingredients:

1/3 c. butter
2 c. sliced zucchini
1/4 c. fresh parsley, chopped
Approx. 20 medium-sized raw shrimp: shelled,
deveined and rinsed
1/2 tsp. dill weed
1/4 tsp. salt
2 tbsp. chopped onion
1 tbsp. lemon juice
1/2 tsp. minced garlic



Instructions:

Melt butter in large skillet. Stir in remaining ingredients. Cook over medium heat, stirring occasionally until shrimp turn pink and zucchini is tender and crispy. Serve over hot cooked rice.

BLEND OF THE BAYOU

Ingredients:

8 oz. cream cheese, cubed
4 tbsp. butter
1 onion, chopped
1/2 stalk chopped celery, to taste
1 green pepper, chopped
1 lb. cooked medium shrimp, peeled and deveined
12 oz. canned crabmeat, drained, flaked and cartilage removed
1 can cream of mushroom soup
4 oz. sliced mushrooms, drained
1 tsp. garlic salt
3/4 tsp. hot pepper sauce
1/2 tsp. cayenne pepper
3/4 c. cooked rice, or more to taste
3/4 c. shredded cheddar cheese
1/2 c. crushed Ritz or Club crackers



Instructions:

In small pan, cook and stir the cream cheese and 2 tablespoons butter over low heat. In large skillet, sauté onion, celery and pepper in remaining butter until tender. Stir in the cream cheese, shrimp, crab, soup, mushrooms, garlic salt, hot pepper sauce, cayenne and rice. Transfer to greased baking dish. Combine shredded cheese and cracker crumbs; sprinkle over the top. Bake, uncovered at 350° for 25-30 minutes or until bubbly.

NOTE: : The specific origin of this recipe is unknown, probably because it has been handed down through several generations, each adjusting and adapting it to their own taste.

CRAB AND SHELLS CASSEROLE

Ingredients:

- ½ c. chopped green pepper
- 2 tbsp. thin-sliced green onion
- 4 tbsp. butter
- 2 tbsp. flour
- ½ tsp. salt
- 2 c. milk
- 1 tomato, peeled and chopped
- 2 tbsp. parsley
- 1 ¼ c. shredded pepper Jack or Monterey Jack cheese, divided
- 3 ½ c. pasta shells, cooked and drained
- 1 lb. crabmeat
- ½ c. bread crumbs



Instructions:

Sauté pepper and onion in 2 tbsp. butter until tender. Stir in flour and salt until blended. Gradually stir in milk. Bring to a boil; stir for 2 minutes until thickened. Stir in tomato and parsley. Remove from heat; stir in 1 c. cheese until melted. Stir in pasta and crabmeat. Transfer to greased shallow baking dish. Cover and bake at 350° for 20 minutes. Melt remaining butter; toss with bread crumbs. Sprinkle over the casserole. Top with remaining cheese and bake, uncovered for 5-10 minutes.

SPEEDIE STIR- FRY SHRIMP

Ingredients:

- 1 c. shredded cabbage or cole slaw mix
- 3 tsp. vegetable oil, divided
- 1 thick slice onion, chunked
- 1 garlic clove, minced (1 tsp.)
- 8-10 shrimp, peeled and deveined
- 2 tbsp. water
- 1 tbsp. soy sauce
- cilantro, to taste
- crushed red pepper flakes, to taste



Instructions:

Stir-fry cabbage in half the oil for 2 minutes or until tender. Remove from skillet and set aside to keep warm. Use same skillet to stir-fry onion and garlic until tender. Add shrimp, water and soy sauce; stir fry for 2-3 minutes or until shrimp turn pink. Serve over cabbage. Sprinkle with cilantro and pepper flakes if desired.

Note: This recipe is perfect for a single serving and easy to adapt for two.

SCALLOPS W/SUN DRIED TOMATOES & BROCCOLI

Ingredients:

6 oz. cooked pasta
¼ c. chopped sun-dried tomatoes
¾ c. hot water
4 c. broccoli, optional
½ c. chicken broth
3 tsp. minced garlic
2 tbsp. olive oil
1 lb. scallops
1 tsp. lime juice
1 tsp. basil
¼ tsp. salt
¼ c. shredded Parmesan cheese



Instructions:

Rehydrate tomatoes by combining with hot water. Let stand five minutes; drain and set aside. Cook garlic in oil for 1 minute. Add scallops; cook for 2 minutes. Stir in lime juice, basil, salt, and tomatoes. Add cooked broccoli if desired. Cook an additional 2-3 minutes until scallops are opaque. Drain pasta, stir into scallops and heat through. Sprinkle with cheese.

POPEYE'S SHRIMP FETTUCCINE

Ingredients:

1 lb. uncooked fettuccine noodles
1 sm. pkg. fresh spinach leaves
4 cloves garlic, minced (4 tsp.)
2 tbsp. olive oil
1 lb. raw shrimp, peeled and deveined
2 tomatoes, chopped
½ tsp. Italian seasoning
¼ tsp. salt
1/3 c. Parmesan cheese



Instructions:

Cook noodles according to package direction. In large skillet, sauté spinach in oil until leaves begin to wilt. Add shrimp, tomatoes, and seasonings; sauté until shrimp turn pink. Add drained noodles to skillet; stir lightly. Sprinkle with cheese.

SHRIMP SCAMPI

Ingredients:

3-4 tsp. minced garlic
¼ c. butter
¼ c. olive oil
1 lb. raw shrimp, peeled and deveined
¼ c. lemon juice
½ tsp. pepper
¼ tsp. oregano
½ c. Parmesan cheese
¼ c. bread crumbs
¼ c. parsley
pasta of choice, cooked



Instructions:

Cook pasta according to package directions. Preheat broiler. In ovenproof skillet, sauté garlic in butter and oil until tender. Stir in shrimp, lemon juice, pepper and oregano; cook and stir for 2-3 minutes or until shrimp turn pink. Sprinkle with Parmesan cheese, bread crumbs and parsley. Broil 6" from heat for 2-3 minutes or until browned. Serve over drained pasta.

MICROWAVED ORANGE ROUGHY

Ingredients:

1 onion, sliced and separated into rings
1 ½ lb. orange roughy fillets
salt, to taste
pepper, to taste
¼ c. lemon juice
3 tbsp. butter, melted
2 tsp. water
1 tbsp. Dijon mustard
¼ c. seasoned toasted bread crumbs
¼ c. slivered almonds, optional



Instructions:

Place onion rings in shallow microwave-safe dish coated with cooking spray. Top with fillets; season with salt and pepper. Combine half the lemon juice and half the butter with half the water; pour over fish. Cover and microwave on high for 4 minutes; drain. Combine mustard and remaining lemon juice and water; spoon over fish. Sprinkle with bread crumbs and almonds, if desired. Drizzle with remaining butter. Cook, uncovered, on high for 2 minutes or until fish flakes easily with fork.

CRAWFISH ÉTOUFFÉE

Ingredients:

1/4 cup unsalted butter
1/4 cup all-purpose flour
1 cup chopped onion
1/2 cup chopped green bell pepper
1/4 cup chopped celery
2 teaspoons minced garlic
2 cups seafood or chicken stock
1 teaspoon Kosher salt
Freshly cracked black pepper, to taste
1/4 to 1/2 teaspoon Cajun seasoning
1 pound of Louisiana crawfish tails, with fat
1 tablespoon chopped fresh parsley,
Extra fresh parsley for garnish
1/4 cup sliced green onion
Extra sliced green onion for garnish
Hot, cooked rice



Instructions:

Chop the trinity (onion, green bell pepper and celery), parsley and green onions. Mince garlic and set aside. Make a roux by melting butter in a large skillet over medium heat and stir in the flour; cook and stir constantly for about 4 minutes or until caramel colored. Add the onion, bell pepper and celery; cook another 3-4 minutes or until tender, add the garlic and cook another minute. Lowly stir in the stock or broth until fully incorporated. Add salt, pepper and Cajun seasoning.

Bring mixture to a boil; reduce heat to a medium low simmer, cover and simmer for 15 minutes, stirring occasionally. Add the crawfish tails, cook and stir until crawfish is heated through; stir in the parsley and green onion, reserving a bit for garnish. Serve immediately over hot, cooked rice.

Discover more recipes and immerse yourself in Louisiana's Food Culture. For more insights into Louisiana cuisine, culinary experiences and travel inspiration, sign up for our eNewsletter and stay connected to the flavors of Louisiana.

SHARED BY RENÉE GORDON
HISTORY TRAVEL WRITER

CREAMY SHRIMP CARBONARA

Creamy Shrimp Carbonara is a luxurious twist on the classic Italian dish, blending tender shrimp with a rich and silky carbonara sauce. This decadent pasta is made with sautéed shrimp, perfectly cooked spaghetti, and a creamy egg-based sauce enhanced with Parmesan, garlic, and crispy pancetta or bacon.

Ingredients:

12 oz spaghetti or fettuccine
1 lb shrimp, peeled and deveined
4 oz pancetta or bacon, diced
3 garlic cloves, minced
2 large eggs
1/2 cup grated Parmesan cheese
1/2 cup heavy cream
2 tbsp olive oil
Salt and black pepper, to taste
Fresh parsley, chopped (for garnish)



Instructions:

Cook the Pasta: Cook the spaghetti in a large pot of salted boiling water until al dente. Reserve 1/2 cup of pasta water before draining the pasta.

Cook the Pancetta and Shrimp: In a large skillet, heat the olive oil over medium heat. Add the diced pancetta or bacon and cook until crispy. Remove and set aside. In the same skillet, add the shrimp and cook for 2-3 minutes on each side until pink and cooked through. Set the shrimp aside with the pancetta.

Prepare the Carbonara Sauce: In a small bowl, whisk together the eggs, Parmesan cheese, and heavy cream. Season with salt and black pepper.

Combine and Serve: In the same skillet, add the minced garlic and sauté for 1 minute until fragrant. Lower the heat, add the cooked pasta to the skillet, and toss with the garlic. Remove the skillet from heat and slowly stir in the carbonara sauce, adding a bit of reserved pasta water if needed to achieve a creamy consistency.

Add the shrimp and pancetta back to the skillet and toss to combine.

Serve: #cookingcuriosity

SHARED BY RENÉE GORDON
HISTORY TRAVEL WRITER

Seafood Needs Dessert



By Nikita Khandheria

As a hospitality operator who designs seafood-forward event menus year-round, I approach dessert not as an afterthought, but as the final structural note in the dining arc. After seafood, guests don't want heaviness. They want lift, acidity, restraint, and something that cleans the palate while still feeling indulgent.

Seafood leaves the palate craving brightness, particularly shellfish, crudo, grilled branzino, or butter-poached lobster. Olive Oil & Citrus Almond Cake with Whipped Crème Fraîche and Candied Fennel is lightly sweet, structured by olive oil instead of butter, and finished with citrus zest that echoes the acid typically used in seafood preparation.

The whipped crème fraîche adds tang without density, and the candied fennel subtly nods to classic seafood aromatics. The result is clean, elegant, and digestible, not cloying. I frequently use this recipe for private coastal dinners and retreat menus.

Crème fraîche

Crème fraîche is a cultured cream from France with a rich, silky texture and a subtle tang. It's thicker and less sharp than sour cream,



with a higher fat content, which makes it beautifully stable in cooking. Unlike sour cream, it won't curdle when gently heated, so it's ideal for finishing sauces, folding into seafood dishes, or adding a luxurious touch to soups and desserts. It is a refined alternative to whipped cream in savory contexts.

Crème fraîche is widely available in most major grocery stores, usually near the specialty cheeses or sour cream. If it's not available, the closest substitute would be full-fat sour cream (with the understanding that it is slightly tangier and

should not be boiled). In a pinch, mascarpone loosened with a small squeeze of lemon juice also works beautifully.

Nikita Khandheria is the founder of Eria, a hospitality platform focused on profitable, experience-driven events and experiential real estate. Known for turning under-optimized spaces into culturally magnetic businesses, she designs seafood-forward event menus that balance elegance with operational precision. Her work spans hospitality ventures, asset-driven entrepreneurship, and civic leadership.

OLIVE OIL & CITRUS ALMOND CAKE

Ingredients

1 c. extra-virgin olive oil
1 c. organic cane sugar
3 large eggs
Zest of 1 lemon
Zest of 1 orange
½ c. fresh orange juice
1½ c. almond flour
½ c. all-purpose flour
1 tsp baking powder
½ tsp. sea salt



Whipped Crème Fraîche

1 c. crème fraîche
2 tbsp. powdered sugar
½ tsp. vanilla extract

Instructions

Preheat oven to 350°F. Line a 9-inch round pan with parchment. Whisk olive oil and sugar until glossy. Add eggs one at a time. Mix until emulsified. Stir in zest and orange juice. In a separate bowl, combine almond flour, all purpose flour, baking powder, and salt. Fold dry ingredients into wet until just combined. Transfer to prepared pan. Bake 35–40 minutes, until golden and set. Cool completely. Whip all ingredients of crème fraiche together until softly thickened. Chill until serving.

Candied Fennel

1 fennel bulb, very thinly sliced / ½ c. sugar / ½ c. water

Simmer sugar and water until dissolved. Add fennel slices and cook gently 10–12 minutes until translucent. Cool in syrup. Drain before plating. Slice cake. Add a spoonful of crème fraîche. Top with fennel and a drizzle of good olive oil. Finish with flaky sea salt.

CHOCOLATE STRAWBERRY RAVIOLI

Ingredients

10 wonton wrappers
10 teaspoons chocolate hazelnut spread (like Nutella)
5–7 strawberries, chopped
3 tablespoons lukewarm water
Vegetable oil (for frying)
Powdered sugar (for dusting)



Instructions

Heat oil on medium-high. Chop the strawberries into small pieces. On your work surface, lay out a wonton wrapper. Place 1 teaspoon of chocolate hazelnut spread in the center, then top with 1–2 teaspoons of chopped strawberries. Don't overfill — this prevents the ravioli from breaking. Lightly brush edges of the wrapper with lukewarm water. Fold one corner over the filling to meet the opposite corner, forming a triangle. Press the edges together firmly with your fingers to seal. Fry the raviolis 3–4 at a time in the hot oil. Once they turn golden (about 45–60 seconds), flip them occasionally for even cooking. Remove and drain on a plate lined with a paper towel to absorb excess oil. Dust with powdered sugar while still warm.

Seafood-Dessert Pairing



Beautiful entertaining doesn't require a security clearance. After a career in high-pressure environments as a CIA Officer, I've mastered the art of the "low-effort, high-impact" lifestyle. Now, I'm here to show you how simple following recipes & creating chic decor can be, helping you become the hostess with the mostest with ease & confidence.

I'm a home cook and content creator, but above all, I am a host. My mission is to show you how hosting a beautiful event can be simple and stress-free. Whether I'm sharing a new recipe, decorating a table, or highlighting a fellow local artist, I'm here to help you bring people together for great meals in even better atmospheres.

Meet your new warm-weather staple: an airy, accidentally gluten-free almond cake. It's the perfect blend of high-impact visuals and low-effort execution. Paired with macerated berries and silky mascarpone frosting, it's worthy of Easter Sunday but easy enough for a spontaneous Tuesday.

By Amy Decker
Owner of Decker Delights (@deckerdelights)
and Hostess with the Mostest.

I hope you enjoy the recipe as much as my family does and come back for more simple recipes and easy DIY hosting tips and tricks!

ALMOND CAKE

With Macerated Berries & Mascarpone Frosting

If you're looking for the perfect ending for those seafood meals... this is it! You get that fluffy and not-too-sweet almond cake, the jammy mess of macerated berries, and a frosting so light it practically floats off the plate. It's bright, messy in the best way, and tastes like every warm night in the garden with a glass of rosé!

*I recommend assembling the cake about two hours before serving and letting it chill in the fridge. This gives the flavors a chance to mingle without letting the berry juices overwhelm that light almond base.



ALMOND CAKE RECIPE

Ingredients

8 large eggs
1 c. Honey
2 tbsp. Vanilla extract
3 c. Superfine almond flour
1 tsp. baking soda
Pinch of salt



In a stand mixer (or a bowl with a spatula if you're looking for a workout), combine the eggs, honey, and vanilla. Mix until fully incorporated. Add the almond flour, salt, and baking soda. Mix on low until just combined. Do not over-mix! Keeping the air in the batter is the secret to that light texture.

Generously spray two 9" round cake pans with non-stick spray. Divide the batter evenly between them. Note: My secret is always cooking spray! Spray those pans! Place in a preheated oven at 350°F. Bake for 18–20 minutes or until a toothpick comes out clean. Cool completely before adding berries or frosting.

MACERATED BERRIES

1/2 pint Strawberries
1 pint Raspberries
1 pint Blackberries
1/4 c. Sugar

Combine all ingredients in a bowl with a flat surface. Using a potato masher, mash and mix until the berries are broken down and combined. Set aside to allow those beautiful juices to release before topping.

MASCARPONE FROSTING

8 oz. mascarpone cheese (cold)	1 tbsp. vanilla extract
3 c. powdered sugar (sifted if lumpy)	1/2 tsp. almond extract
1 c. heavy whipping cream (cold)	Splash (1 tbsp) balsamic vinegar (optional)

In a stand mixer or with a hand mixer, beat the cold mascarpone and powdered sugar together until smooth and combined. Constantly watch and don't overbeat or you could easily make butter instead! Turn the mixer to low and slowly stream in the heavy cream, vanilla, and almond extract. Increase the speed to medium and beat until thick and fluffy.

Once your layers are cool and your kitchen smells like an almond dream, it's time for the magic to happen. Place your first cake layer on your favorite serving plate and spoon over those juicy, macerated berries. Top that with a generous, pillowy layer of frosting, then gently position the second cake layer on top. Frost the top and sides with a swirl of that almond-scented cream, and for the "wow" factor, garnish with the remaining berries or a few whole, fresh ones for a look that says "I've been planning this for weeks" (even if it only took you minutes).

Notes:

- To keep your frosting pristine, spoon it into a large Ziploc bag and snip off the corner. Instead of struggling to spread cream over those juicy berries, just pipe it on! Timing is Everything! This cake is a bit of a "delicate flower." While you can absolutely prep your cake layers, berries, and frosting ahead of time, wait until the last minute to assemble.

Easter in Early America:

What Was on the Table in 1776?



**By Kathy
Barnett
Editor-in-
Chief**

When Americans declared independence in 1776, Easter was already an important spring observance, but the holiday looked quite different from what we know today. Unlike Thanksgiving, which eventually evolved into a distinctly American national feast, Easter in early America was primarily a religious celebration marking the end of the Lenten season. Families gathered after church for a good meal, but there was no universally recognized “Easter dinner” menu across the colonies. What appeared on the table depended largely on cultural heritage, regional traditions, and whatever ingredients were available at the beginning of spring.

In many homes, the meal symbolized the return of abundance after weeks of Lenten restraint. Foods that had been limited or avoided during Lent—especially eggs, meats, and rich breads—suddenly returned to the table. The result was not a standardized holiday feast but rather a celebration of seasonal foods and Old World customs carried to the New World by immigrants.



A Meal Shaped by Many Cultures
One reason Easter dinner in 1776 looked so different from place to place is that the American colonies themselves were a patchwork of cultures. Each immigrant group brought its own Easter customs, recipes, and symbolic foods.

English settlers throughout New England and Virginia carried traditions that centered on roast meats and baked breads. Lamb was particularly meaningful because Christian scripture refers to Christ as the “Lamb of God,” and roasted lamb had long been a centerpiece of Easter meals in Britain. Ham was another practical favorite in colonial households. By early spring, many families had cured and smoked pork through the winter months, making it both

flavorful and readily available for holiday gatherings. In the Mid-Atlantic colonies, Dutch settlers introduced their own festive Easter baking traditions. Sweet breads, spiced buns, and fruit-filled pastries often appeared on the holiday table, marking the end of Lent with richer flavors than everyday fare.

German immigrants, especially in Pennsylvania, contributed some of the most recognizable Easter customs that Americans still celebrate today. Their holiday breads, honey cakes, and egg traditions gradually blended into broader colonial life, adding color and symbolism to the season. Meanwhile, southern colonies such as Virginia and the Carolinas often reflected a mix of English

cooking traditions and the ingredients available from local farms. Roast poultry, smoked pork, early spring greens, and preserved fruits might all appear at the Easter table. The meal was hearty but practical, built around ingredients that had survived winter storage or had just begun to appear in early spring gardens.

Seasonal Foods of Early Spring
The timing of Easter naturally influenced what colonial cooks could prepare. Fresh produce was limited in early spring, so many dishes relied on preserved foods from the previous year. Roasted meats were common centerpieces, whether lamb, pork, chicken, or wild game. These were accompanied by root vegetables stored through winter, such as turnips, onions, and carrots. In milder regions, early greens like spinach or wild herbs might also appear on the table.

Eggs were another important part of the holiday meal. Because many Christian households limited egg consumption



during Lent, they accumulated in farm kitchens during the fasting weeks. When Easter arrived, eggs were boiled, baked into custards, or incorporated into celebratory breads and pastries. Dessert often featured pies made from stored apples or dried fruits. Molasses cakes, puddings, and spiced breads sweetened the meal and reflected the growing trade networks that brought sugar and spices to colonial kitchens.

A Holiday Still Taking Shape
What may surprise modern readers is that Easter dinner in 1776 had not yet become the familiar American tradition we

know today. There was no universal menu of glazed ham, deviled eggs, and brunch buffets. Instead, Easter meals reflected a blend of European heritage, local ingredients, and the rhythms of rural life.

Over the decades that followed, these traditions gradually blended together, shaping the Easter foods that many families still enjoy today. Ham became a widespread centerpiece, decorated eggs became part of childhood celebrations, and rich spring dishes symbolized the return of warmth and abundance. But in the early days of the nation, Easter tables simply reflected what America itself was becoming: a diverse blend of cultures, ingredients, and traditions brought together in a new land.

Easter tables in 1776 weren't yet standardized, but they already reflected the heart of American food culture—a blending of Old World traditions, local ingredients, and the promise of spring after a long winter.



EASTER BUNNY COCONUT TAILS

Ingredients:

3 cups sweetened shredded coconut
1 cup sweetened condensed milk
1 teaspoon vanilla extract
1 cup white chocolate chips, melted
½ cup powdered sugar (for rolling)
½ cup crushed graham crackers (optional)
Pastel sprinkles (optional)



Directions:

In a large bowl, combine shredded coconut, sweetened condensed milk, and vanilla extract. Stir until the mixture becomes sticky and well combined. To add Texture (Optional), mix in crushed graham crackers if a slightly firmer texture and extra flavor is desired. Scoop about 1 tablespoon of the mixture and roll into small round balls to resemble bunny tails. Place the coconut balls on a parchment-lined baking sheet and refrigerate for 20–30 minutes until firm.

Coat with White Chocolate: Dip each chilled ball into melted white chocolate, coating completely. Roll the chocolate-coated balls in powdered sugar or extra shredded coconut to create a fluffy bunny-tail look. Add pastel sprinkles if desired for a festive Easter touch. Allow the chocolate to set at room temperature or refrigerate for 10–15 minutes. Serve.

EASTER SWIRL PIE

Ingredients:

2 ½ cups graham cracker crumbs (or vanilla cookie crumbs)
½ cup unsalted butter, melted
8 oz (225 g) cream cheese, softened
1 cup (125 g) powdered sugar
1 teaspoon vanilla extract
1 cup (240 ml) heavy whipping cream, cold
Gel food coloring in pastel shades (pink, blue, yellow, green)
Whipped cream, festive sprinkles or edible glitter for garnish:



Directions:

Prepare the Crust: In a medium bowl, combine the graham cracker crumbs and melted butter until the mixture resembles wet sand. Press the mixture firmly into the bottom of a 9-inch (23 cm) springform pan, creating an even layer. Refrigerate the crust while preparing the filling. Make the Filling: In a large mixing bowl, beat the softened cream cheese until smooth and creamy. Add the powdered sugar and vanilla extract, beating until well combined and free of lumps. In a separate bowl, whip the cold heavy cream to stiff peaks using an electric mixer. Gently fold whipped cream into the cream cheese mixture until fully incorporated. Divide evenly into four separate bowls. Add a drop of food coloring to each bowl, mixing well. Spoon dollops of each colored filling onto the prepared crust in a random pattern. Swirl together, creating a marbled effect. Don't overmix. Cover pie with plastic wrap and refrigerate 3-4 hours until firm. Once set, remove the pie from the springform pan and place it on a serving platter. Decorate with garnishes and serve chilled.

EASTER BUNNY POKE CAKE

Ingredients For the Cake:

1 box white or vanilla cake mix
Ingredients required on the box
(typically eggs, oil, and water)

Ingredients For the Filling:

1 package (3.4 ounces) instant vanilla pudding mix
1 1/2 cups cold milk
1/2 teaspoon pastel food coloring
(pink, blue, yellow, or purple for Easter theme)

Ingredients For the Topping:

1 container (8 ounces) whipped topping (such as Cool Whip)
1/2 cup pastel Easter sprinkles
1/4 cup shredded coconut (optional, dyed green for “Easter grass”)
Mini chocolate eggs or bunny candies for decoration

Directions:

Bake the Cake: Prepare and bake the cake according to the package instructions in a 9×13-inch baking dish. Allow the cake to cool for about 10 minutes. **Poke the Cake:** Using the handle of a wooden spoon or a straw, poke holes all over the cake about 1 inch apart. **Prepare the Pudding:** In a bowl, whisk together the vanilla pudding mix and cold milk for about 2 minutes until slightly thickened. Add a few drops of pastel food coloring and mix well.

Fill the Holes: Pour the pudding mixture over the cake, spreading it gently so it fills the holes evenly. **Chill the Cake:** Refrigerate the cake for 1 hour so the pudding sets inside the cake. **Add the Topping:** Spread the whipped topping evenly over the chilled cake.

Decorate for Easter:

Sprinkle pastel sprinkles over the top. Add green coconut “grass” if using, and decorate with mini chocolate eggs or bunny candies.

Serve:

Slice into squares and serve chilled for a fun and festive Easter dessert



<https://www.facebook.com/ameliarecipes07/photos>

Yummy Lemon Easter Cake



By Amy Decker
Owner of Decker Delights &
Hostess with the Mostest

Needing inspirations for your Easter Celebration? Look no further because this one is suitable for any event.

Say hello to your new go-to dessert! This Lemon Bundt Cake is so simple, people usually say “easy as pie,” but in this case, it’s officially easy as cake. The recipe actually started as a total accident. Life was feeling a bit chaotic with a heavy travel schedule, and I realized I didn’t have the hours needed for my husband’s usual, over-the-top birthday cake. I whipped this up instead, and it was an instant superstar. Now, he requests it for every single birthday—I can’t even bribe him with anything else! It’s so effortless that I almost feel like I’m cheating in the kitchen, but the results are just too good to argue with.

I hope you enjoy the recipe as much as my family does and come back for more simple recipes and easy DIY hosting tips and tricks. <https://deckerdelights.com/>

LEMON BUNDT CAKE

Ingredients:

- 1 box lemon cake mix
- 3.9oz box instant lemon pudding mix
- 4 eggs
- 1/2 c. water
- 1 c. sour cream
- 1 c. olive oil

Directions:

1. In a stand mixer (or a bowl with a spatula), add the eggs, water, sour cream and oil in the bottom first. Next add cake mix and pudding mix to the top. Mix on low until fully incorporated.

Note: Adding the wet ingredients to the bottom and then topping with the dry ingredients will save you from a splashy mess!

2. Generously spray a 10 cup bundt pan with non-stick spray. Spoon batter into pan.

Note: My secret is always cooking spray! Spray those pans!

3. Place in a preheated oven at 350°F. Bake for 40-45 minutes or until a skewer comes out clean.

Note: The top will be quite brown and that’s ok - you are turning it over!

4. Cool for 20 minutes and then invert onto serving plate. Cool completely before frosting.

For various topping ideas, see next page.



LEMON BUNDT CAKE TOPPINGS

Ingredients:

- **Lemon Glaze:** 1 c. powdered sugar + 2 tbsp. lemon juice
- **Cream Cheese Icing:**
 - 2oz. softened cream cheese
 - 1 tbsp. softened butter
 - 2 c. powdered sugar
 - 1 tbsp. milk
 - 2 tbsp. lemon juice
 - yellow food coloring (optional)
- **White Chocolate Drizzle:**
 - 6oz white chocolate chips + 1 tbsp heavy cream



Instructions for each:

Whisk powdered sugar and lemon juice. Drizzle over semi-cooled cake so it soaks in.

Cream Cheese Icing:

Beat cream cheese and butter until smooth. Add powdered sugar and milk, then mix in lemon juice and a drop of yellow food coloring. Spoon it into a large Ziplock bag and snip off the corner and zigzag over bundt cake.

White Chocolate Drizzle:

Place chocolate and cream in a microwave safe bowl and melt in 20 second increments; be careful not to burn. White chocolate can easily seize up fast! Once melted, spoon it into a large Ziplock bag and snip off the corner and zigzag over bundt cake. Note: Be very careful, the ziplock bag will be very hot to the touch! Store this cake in the fridge to keep the cream cheese icing set and the cake perfectly moist.

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BANANA WALNUT BREAD

- 2 c. Flour
- 1 c. Sugar
- 1 tsp. Baking Soda
- 2 Eggs
- 3 Bananas
- 1 stick Melted Butter
- 1 c. Walnuts or Chocolate Chips



Preheat oven to 350°. Non-stick spray or butter mini loaf pan. Mix all ingredients (minus the nuts or chips) together in a mixing bowl either by hand or with KitchenAid mixer. Mix nuts or chips by hand. Pour into greased loaf pan. Bake for 15-20 minutes until toothpick comes out clean.

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Eggs at Easter: *The History Behind America's Most Colorful Food Tradition*

Long before chocolate bunnies and plastic baskets filled with candy, eggs were the original symbol of Easter. Their meaning stretches back centuries and across cultures, eventually traveling with immigrants to the American colonies where the traditions gradually blended into the Easter celebrations we know today.

The egg has long represented new life and rebirth, a fitting symbol for spring. Early Christians adopted the egg as a representation of the resurrection of Christ—the shell symbolizing the sealed tomb and the cracking egg representing new life emerging.

During the Middle Ages in Europe, eggs also became closely tied to the observance of Lent. In many Christian traditions, eggs and dairy products were restricted during the forty days of fasting before Easter. Yet hens continued to lay eggs throughout the season. By the time Easter arrived, households often had an abundance of eggs waiting to be eaten. Families boiled them for preservation, decorated them with dyes made from plants and vegetables, and served them during Easter celebrations.



Coloring Eggs is Older Than America

Decorating eggs began centuries before the founding of the United States. In parts of Eastern Europe and the Middle East, eggs were often dyed red to symbolize the blood of Christ. Natural dyes made from onion skins, berries, beet juice, and herbs produced the rich colors that decorated eggs long before commercial dyes were available.

These decorated eggs became part of Easter gatherings and were often exchanged as gifts between friends and neighbors. In many



cultures, beautifully colored eggs were also displayed on holiday tables alongside breads and roasted meats.

When European settlers arrived in North America, they brought these customs with them. Colonial households continued the tradition of boiling and dyeing eggs for Easter, often using the same natural ingredients found in their kitchens and gardens.

Egg Games

Eggs were not only eaten during Easter—they were also part of holiday games and celebrations. Several playful traditions became popular throughout Europe and eventually made their way to early American communities.

One of the oldest games was egg tapping, sometimes called egg knocking. Two people would tap the tips of their hard-boiled eggs together, and the person whose egg remained uncracked was declared the winner. Variations of this contest were played throughout Europe and were recorded in American communities during the 18th century.

Another popular activity was egg rolling, in which children rolled deco-

rated eggs down grassy hills. The game symbolized the rolling away of the stone from Christ's tomb. The tradition eventually became widely known in the United States through the annual Easter Egg Roll held at the White House beginning in the 19th century. These playful traditions helped transform eggs from a simple food into a centerpiece of Easter festivities.

Easter Bunny Coming

Perhaps the most famous Easter symbol—the rabbit—arrived in America through German immigrants during the 1700s. In parts of Germany, children believed a magical hare known as the Osterhase would lay colored eggs for well-behaved children.

Youngsters built nests or baskets where the rabbit could leave its gifts. When German settlers established communities in Pennsylvania and other Mid-Atlantic colonies, they carried this charming tradition with them. Over time, the nests evolved into the baskets still used for Easter celebrations today. Eventually, the rabbit and decorated eggs became closely linked, turning the Easter egg hunt into a beloved tradition for children.



Farm Eggs to Family Tradition

In colonial America, Easter eggs were not candy-filled surprises but simple farm eggs—boiled, dyed, and enjoyed at the holiday table. Yet those humble eggs carried deep meaning. They marked the end of Lent, celebrated the arrival of spring, and connected American families to traditions that stretched back centuries.

Today, whether they are dyed bright colors, hidden in backyard egg hunts, or turned into favorite dishes, the Easter eggs remain one of the most enduring symbols of the holiday.

Their story is a reminder that some of America's most familiar traditions began long before the nation itself—carried across oceans and generations until they found a place on the American Easter table.

COLONIAL EGG DYING

Before synthetic dyes existed, colonial Americans used natural ingredients from farm or garden to color their Easter eggs. These natural methods created beautiful earthy hues connected to Spring.

- **Onion skins** – Yellow to deep orange, depending on how many layers were used.
- **Red cabbage** – Boiled cabbage leaves turned eggs shades of soft blue or lavender.
- **Beets** – Produced rosy pinks to deep reds for festive tables.
- **Turmeric** – Gave bright golden yellow tones, perfect for sunny spring celebrations.
- **Spinach or parsley** – Added delicate green shades, often used for accenting patterns.

To dye eggs, simmer the eggs with the plant materials in water and a little vinegar, creating colors that vary from pastel to rich, depending on the length of cooking and concentration of the ingredients. Some wrapped leaves or flowers around eggs before boiling to create intricate natural patterns—a technique still used in traditional Easter crafts today. These simple, natural methods reflected the practical, creative spirit of colonial households while celebrating the season's arrival.



The Edible Egg

A Taste of Togetherness



While coloring eggs remains a beloved tradition passed down for generations, today's families are finding new ways to turn a simple egg into a centerpiece of creativity, play, and connection. From high-energy backyard games to edible art projects, Easter eggs continue to evolve far beyond the dye cup.

Start with a twist on the classic egg hunt by turning it into a themed adventure. Instead of simply scattering eggs across the yard, create a "treasure trail" where each egg holds a clue leading to the next. Younger children can follow colors or shapes, while older kids enjoy riddles that build anticipation toward a final prize. It transforms a familiar activity into a story-driven experience.

For families who enjoy a little friendly competition, egg rolling races bring old-world charm into

the modern backyard. Children use spoons, sticks, or even just their hands to guide hard-boiled eggs across the grass, trying to reach the finish line without cracking their prize. It's simple, active, and surprisingly hilarious as eggs wobble unpredictably along the way.

Creative expression also takes center stage with egg decorating that goes beyond dye. Kids can use stickers, tissue paper, markers, or even natural elements like leaves and flowers pressed against the shell for textured designs. For a hands-on kitchen activity, decorating deviled eggs or transforming halved eggs into animals—like the bunny creations featured here—blends food and fun into something both playful and delicious.

Another growing favorite is the "egg drop challenge," where kids design protective holders using household materials to keep a raw

egg from breaking when dropped from a height. It's part craft, part science experiment, and completely engaging as children test their designs and cheer (or groan) at the results.

For quieter moments, storytelling eggs offer a meaningful way to wind down the day. Fill plastic eggs with small objects or notes that represent parts of a story—whether it's a springtime tale, a family memory, or a traditional Easter message—and have children open them in sequence to build the narrative together.

No matter how they're used, Easter eggs continue to bring families together in ways that are equal parts imaginative and memorable. From backyard races to edible masterpieces, these small shells carry forward a tradition that's always ready to be reimagined—one egg at a time.

MODERN EGG DYING

Ingredients:

Hard-boiled eggs (cooled), white vinegar, water, food coloring or egg dye tablets, cups or bowls, spoons, paper towels

Instructions:

In a cup, mix $\frac{1}{2}$ cup hot water with 1 teaspoon white vinegar and several drops of food coloring (or one dye tablet). Stir until dissolved. Gently lower eggs into the dye and let sit for 5–10 minutes, depending on desired color depth. Remove with a spoon and place on paper towels to dry. For a more contemporary touch, layer colors by dipping dried eggs into a second dye, or add designs using stickers, rubber bands, or a light crayon before dipping. Once dry, lightly rub with a drop of cooking oil for a soft shine.

The Easter Egg:

How Incredible Is It?



By Kandy Derden
Managing Editor

A few years ago, there was an advertising campaign for The Incredible Edible Egg. Okay, so it was effective and memorable because of the alliteration. With time, I have discovered just how accurate it is. The simple egg truly is an incredibly versatile source of protein.

Which came first? The chicken or the egg? This puzzling riddle has been in circulation for decades, if not centuries. Based on scripture, I prefer to believe it was the chicken. Genesis chapter one explains rather plainly in verse twenty-one:

“And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good.”

If you’ll notice, God did not bring forth the egg, with or without cooking instructions. What He did provide was intelligence. In Genesis chapter two Adam is given the assignment of naming every living creature. It took me less than one semester of Biology to understand the enormity of the task.

The historic timeline is a bit vague after that, but somewhere along the way, someone discovered eggs and the search began for ways to use them. People often use an egg as a simple illustration of the Holy Trinity because it shows how one thing can have three distinct parts.

The shell is the outermost part that holds everything together and gives the egg its form and protection. In this comparison, it represents God the Father as the source, the one often understood as sustaining and upholding all creation.

The white (albumen) surrounds and fills the space between the shell and the yolk. It is present throughout and supports the life within the egg. This



is compared to the Holy Spirit, who is understood to be present, active, and working within and around believers.

The yolk is the center and the most recognizable “core” of the egg, often associated with nourishment and life. This is likened to Jesus, the Son, who is seen as the incarnate, visible expression of God and central to Christian faith.

Important note: This analogy can be helpful for visualization, but it isn’t perfect. In Christian theology, the Trinity teaches that God is one being in three persons, not three separate parts. An egg can be divided into parts, but the Father, Son, and Holy Spirit are not separable in that way—they are fully and equally God.

In comparison, the egg is fully and equally nutritious. No, I’m not suggesting you eat the shells, but there are ways to use them: ground shells can be incorporated back into chicken feed or used to mulch garden soil to enrich whatever vegetables or herbs you wish to grow. Everything else, there are recipes.

PICKLED EGGS

Ingredients:

1 (16 oz.) can sliced beets
12 hard-cooked eggs, shelled
¾ c. cider vinegar
½ c. sugar
2 tbsp. salt
½ tsp. pepper
1/8 tsp. allspice
6 whole cloves



Instructions:

1-3 days ahead:

Drain liquid from beets and reserve. Place beets and eggs in 1 ½ qt. jar or large bowl. Stir vinegar into beet juice. Add sugar, salt, pepper, allspice and cloves. Heat until boiling. Pour hot liquid over eggs and beets. Cover and chill at least 12 hours. To serve, drain liquid. Eat plain, on crackers topped with mustard or mayonnaise and a beet slice, or use as a garnish with tossed salad.

SPICED EGGS

Instructions :

2 c. water
1 ½ c. white vinegar
1 tbsp. sugar
1 tbsp. mixed pickling spice
1 tsp. salt
¼ tsp. crushed red pepper
12 hard-cooked eggs, shelled



Instructions:

1-3 days ahead: heat first six ingredients to boiling, stirring until sugar is dissolved. Simmer 10 minutes. Cut several slashes in the whites of boiled eggs. Place in 1 ½ qt. jar or large bowl. Pour hot mixture over eggs. Cover and chill at least 12 hours. To serve, drain liquid. Eat plain, on crackers topped with mustard or mayonnaise, or use to dress up a tossed salad.

TEX-MEX EGGS & BEANS

Ingredients:

1 tbsp. salad oil
1 medium onion, diced
1 (16 oz.) can tomatoes
1 15-20 oz. can red beans, drained
1 ½ tsp. chili powder
salt, to taste
4 eggs
½ c. shredded lettuce
corn chips



Instructions:

Cook onion in salad oil in large skillet over medium heat. Stir in tomatoes with liquid, beans, and seasonings. Heat to boiling. Reduce heat and simmer 10 minutes or until slightly thickened. With back of spoon, make four deep wells. Break and add one egg into each. Cover and cook about 10 minutes until eggs are desired firmness. Sprinkle with lettuce and serve with corn chips.

FLOATING ISLANDS

Ingredients

2 2/3 c. milk
6 egg yolks
salt, to taste
½ c. sugar
¼ tsp. vanilla
3 egg whites, room temperature
1/8 tsp. cream of tartar
1/3 c. sugar



In heavy, 2 qt. saucepan with wire whisk, beat milk, egg yolks, salt and ½ c. sugar until well blended. Over medium-low heat, cook about 20 minutes, stirring constantly until mixture thickens and coats spoon. Do not boil. Stir in vanilla. Pour into 9"x13" dish and cover with plastic wrap. Chill 1 ½ hrs. Preheat oven to 350° and grease a cookie sheet. In small mixing bowl, using mixer beat egg whites and cream of tartar at high speed until soft peaks form. While still at high speed, sprinkle in 1/3 c. sugar, 2 tbsp. at a time, beating well after each until sugar is completely dissolved. Whites should stand in stiff, glossy peaks. Spoon meringue into decorating bag with large rosette tube. Pipe meringue onto cookie sheet into 8 mounds, about 2" each. Bake 10-12 minutes until lightly browned. Place meringues on top of custard. Chill until ready to serve.

EGG AND MUSHROOM CREPES

Ingredients

1/3 c. butter, melted
1 1/2 c. milk
2/3 c. flour
3 eggs
1/2 tsp. salt

Sauce:

1/4 lb. mushrooms, thinly sliced
2 tbsp. butter
4 tsp. flour
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 c. milk

Filling:

1 (8 oz.) pkg. sliced bacon, diced
1/4 lb. mushrooms, thinly sliced
12 eggs
1/4 tsp. pepper
1/4 c. minced parsley
2 tbsp. butter



Ingredients

In medium bowl, whisk 2 tbsp. melted butter and rest of crepe ingredients. Chill at least 2 hours. Brush bottom of crepe pan and 10" skillet with melted butter. Over medium heat, heat pans. Pour scant 1/4 c. crepe batter into pan, tipping pan to coat bottom. Cook until top is set and underside is lightly browned, about 2 minutes. With spatula, loosen crepe and invert into hot skillet; cook other side, about 30 seconds. Transfer to platter; keep warm with waxed paper between each. Repeat with rest of batter.

In saucepan, cook mushrooms and butter until tender, about 5 minutes, stirring occasionally. Gently stir in flour, salt and pepper until blended. Gradually stir in milk; cook until sauce is slightly thickened, stirring constantly. Keep warm.

In 10" skillet cook bacon until browned. Remove bacon to paper towels to drain; set aside. Pour off all but 2 tbsp. drippings. Add mushrooms and cook until tender, about 5 minutes. Remove from heat.

In large bowl with wire whisk, beat eggs, pepper and parsley. Stir in bacon and mushrooms. In skillet, melt butter; add egg mixture and cook until just set, stirring occasionally. To serve, spread a heaping tablespoon of egg mixture on each crepe; roll, arrange on warm platter. Sprinkle remaining parsley over crepes. Serve with mushroom sauce to spoon over crepes.

CLASSIC OMELET

Ingredients

1 tbsp. butter
2 eggs
2 tbsp. milk
¼ tsp. salt
dash pepper



Instructions

Melt butter in skillet. Whisk eggs with other ingredients. Pour into pan; cook until set around edges. Lift edges and tilt pan to allow uncooked portion to run under omelet. Add additional ingredients sprinkled over ½ of eggs in skillet. When set, fold the bare side up and over extras and slide onto plate.

Variations: crumbled bacon, diced tomato, dollop of sour cream, chopped ham and shredded cheese.

RAISIN - BREAD PUDDING

Ingredients

3 ¾ c. milk
5 eggs
½ c. sugar
1 ½ tsp. vanilla
pinch salt
3 c. raisin-bread, cut or torn into bite sized pieces



Instructions

In large bowl with wire whisk, beat milk, eggs, sugar, vanilla and salt until blended. Gently stir in bread, Pour into baking dish. Bake at 325° for 1 ¼ hours.

TEA EGGS

Ingredients

12 eggs
6 tea bags
½ c. salt
½ c. soy sauce



Instructions:

Up to two days ahead: in 4 qt. saucepan, place eggs and enough water to cover eggs plus 1". Heat to boiling. Remove from heat, cover and let stand for 15 minutes; drain. Run cold water over eggs. With back of spoon, tap each egg to crack entire shell, but do not peel. Set aside. In same pan, heat tea bags, salt, soy sauce and 4 c. water to boiling. Remove from heat; add cracked eggs. Cover and chill up to two days. To serve, drain eggs and remove shells. May be eaten plain, or on crackers with dollop of mustard or mayonnaise. May also be used in tossed green salad.

EGGS AND SAUSAGE

Ingredients

1 lb. smoked sausage, cut into chunks
3 green onions, chopped
1 c. regular long-grain rice
1 ½ tsp. salt
¾ tsp. turmeric
1 (10 oz.) bag frozen peas
2 tbsp. Parmesan cheese
7 eggs
1 (2 oz.) can diced pimento, drained



Instructions

In large skillet, heat sausages in water to boiling. Reduce heat, cover and simmer 5 minutes. Remove cover, continue cooking, turning frequently, until sausages are well browned. Remove sausages to paper towel lined plate. Pour off all but 1 tbsp. drippings. In remaining drippings in skillet over medium heat, cook onions until tender-crisp, stirring occasionally. Add rice to onions with salt and turmeric. Cook about 10 minutes. Stir in frozen peas and ½ c. water. In small bowl, combine one egg with Parmesan cheese. When rice is done, stir egg cheese mixture, pimento and sausages. With back of spoon, make 6 deep wells in rice. Break an egg and add one to each. Cover and cook until desired firmness.

Energy Boosting Egg Inspired Breakfasts

(Family Features) When planning meals, particularly breakfasts, there are a few critical factors many families consider: taste, simplicity and nutrition. Eating healthier doesn't have to be complicated or out of reach. With the right inspiration, healthy food can be delicious, nutritious and convenient.

By choosing ingredients like eggs, which are easy to use and versatile, you can make healthy living fit into your life at the breakfast table as part of a balanced diet. For example, these egg-inspired recipes are part of the American Heart Association's Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best.

In addition to the social and emotional benefits of dining together, shared family meals can help promote healthier choices at the table. Backed by expert nutrition guidance, recipes such as Turkey Bacon and Spinach Quiche with Sweet Potato Crust



are wholesome, flavorful and fast, perfect for busy weekdays or anytime you need a nutritious boost. The sweet potato crust offers a better-for-you twist on ready-made or traditional crusts made with butter, and it can be served with slices of honeydew or berries for an added touch of sweetness.

For a protein-rich dish any day of the week, Broccoli and Cheese Egg White Scramble on Whole-Wheat English Muffins can help you

solve the morning rush. Or for a true timesaver, these Egg "Muffin" Cups with Turkey Sausage and Mushrooms can be made over the weekend and frozen or refrigerated for quick, go-to meals throughout the week.

Remember, healthy eating isn't just about one food – it's about a combination of wholesome ingredients to make well-rounded meals. For example, eggs can be included as part of a heart-healthy diet that emphasizes vegetables, fruits, beans, nuts and seeds, whole grains, lean protein and fish, according to the American Heart Association. Eating eggs alongside foods high in saturated fat – like bacon – is different than eggs eaten with steamed veggies, whole grains or a side of fruit.

To find more healthy eating tips and recipes that help you eat smart, move more and live healthier, visit Heart.org.



TURKEY BACON & SPINACH QUICHE

With SWEET POTATO CRUST

Ingredients:

- Nonstick cooking spray
- 1 medium sweet potato, peeled
- 1 teaspoon canola or corn oil
- 1 medium yellow onion, diced
- 6 slices uncured, nitrate-free turkey bacon, thinly sliced
- 10 ounces frozen chopped spinach, thawed
- 3/4 teaspoon dried dillweed, crumbled
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 large egg whites
- 2 large eggs
- 1/4 cup fat-free milk
- 1 1/2 tablespoons fat-free feta cheese



Instructions:

Preheat oven to 400 F. Lightly spray 9-inch pie pan with nonstick cooking spray.

In medium bowl, using box grater, grate sweet potato. Measure out 2 cups. Gently press sweet potato on bottom and up sides of pan, forming crust. Sweet potato will be loose but will hold together once cooked.

Bake 20 minutes, or until crust is cooked. Remove from oven. Let stand to cool. Reduce oven temperature to 350 F.

In medium skillet, heat oil over medium-high heat, swirling to coat bottom. Cook onion 6 minutes, or until almost translucent, stirring frequently. Add turkey bacon. Cook 3-4 minutes, or until onion and bacon begin to brown, stirring frequently. Add spinach, dillweed, salt and pepper. Cook 1-2 minutes, or until water from spinach is released. Remove from heat. Transfer mixture into sweet potato crust.

In medium bowl, whisk egg whites, eggs and milk. Pour over mixture in crust. Sprinkle feta over top.

Bake 35-40 minutes, or until knife inserted into center comes out clean. Transfer to cooling rack. Let cool 10 minutes before cutting into wedges.

Recipe courtesy of the American Heart Association
with support from Egghand's Best

BROCCOLI & CHEESE EGG WHITE SCRAMBLE ON WHOLE-WHEAT ENGLISH MUFFINS

Ingredients:

- Nonstick cooking spray
- 1 1/2 cups finely chopped fresh or frozen broccoli florets
- 1/4 cup water
- 8 extra-large egg whites
- 1/2 cup fat-free milk
- 1/4 teaspoon freshly ground pepper
- 1/4 cup shredded fat-free cheddar cheese
- 2 whole-wheat, low-sodium English muffins



Lightly spray large skillet with nonstick cooking spray. Heat over medium-high heat. Cook broccoli and water 4-5 minutes, or until broccoli is tender. Remove from heat. Transfer broccoli to dish. Using paper towels, wipe skillet clean. In large bowl, whisk egg whites, milk and pepper until combined. Lightly spray skillet with cooking spray. Heat over medium-high heat. Pour in egg white mixture. Cook 2-3 minutes, or until almost firm, stirring constantly with spatula. Stir in broccoli and cheddar cheese. Remove from heat. Just before serving, split and toast English muffins. Transfer to plates. Spoon egg mixture onto muffins.

Recipe courtesy of the American Heart Association with support from Egglard's Best

EGG MUFFIN CUPS WITH TURKEY SAUSAGE AND MUSHROOMS

Ingredients:

- Nonstick cooking spray
- 1/2 tablespoon canola or corn oil
- 1 yellow onion, finely chopped
- 1 package (8 oz.) sliced white mushrooms
- 1 package (6.4 oz.) cooked, nitrate-free turkey sausage links
- 7 large eggs
- 1/4 cup fat-free milk
- 1/4 teaspoon pepper
- 1 cup shredded fat-free cheddar cheese



Preheat oven to 350 F. Lightly spray 12-cup muffin pan with nonstick cooking spray. In medium nonstick pan, heat oil over medium-high heat. Cook onions and mushrooms 10 minutes, or until soft, stirring occasionally. Warm turkey sausage according to package directions. Chop turkey into bite-size pieces. Stir into onion mixture until well blended. Spoon into muffin cups. In small bowl, whisk eggs, milk and pepper. Pour egg mixture into muffin cups. Top with cheddar cheese. Bake 25 minutes, or until eggs are set. Remove from oven. Let cool slightly. To easily remove muffins from pan, run knife around edges of each muffin.

Recipe courtesy of the American Heart Association with support from Egglard's Best

HEARTY FARMER'S BREAKFAST

Ingredients:

3 tbsp. salad oil
1 medium onion, thinly sliced
1 medium green pepper, cut into rings
8 eggs
½ c. milk
salt, to taste
½ tsp. Italian seasoning
1 (4 oz.) pkg. sliced salami, cut into 1/2" strips



Instructions:

Heat 2 tbsp. oil in large skillet over medium heat. Cook onion and pepper until tender, stirring occasionally. Remove vegetables and set aside. Beat eggs, milk, salt and seasoning until blended. Add additional tablespoon oil in same skillet and adjust to medium-low heat. Pour in egg mixture. Arrange onion, pepper and salami strips evenly over top. Cover and cook 10 minutes or until eggs are set.



The Heart Behind the Homemade

(StatePoint) Kentucky's bourbon legacy draws millions of visitors to area bars and distilleries each year. But those looking for booze-free options need not worry, Bourbon country is for everyone, whether they plan to indulge or not.

Designated drivers, health-conscious travelers, teetotalers and sober month challenge participants alike will have more than enough fun mocktails to order as they sip their way through Kentucky!

Distilleries and restaurants across the Bluegrass State have made huge strides in mocktail creation and innovation, developing sophisticated beverages often curated to be paired with items on a food menu. Here are just a few of the beverages being served across Kentucky.

Fresh and Fruity Mocktails

At Barrel House Distilling Co. in Lexington, the rustic Elkhorn Tavern is a timber-lined slice of old Kentucky where you can while away the day with the Elkhorn Porch Swing, a concoction of fruity blackberry syrup balanced with tart lemon and cranberry juice. A ginger beer float finishes things off with a little heat. Catch live music most nights!

With duckpin bowling, ping pong and golf simulators, there's plenty to do at District 7 Social in Lexington. Stay hydrated with the Blackberry Lemon Fizz, a zingy blend of sweet blackberry syrup, tart fresh lemon juice and sparkling water. Fill up on smokehouse eats and test your brain power at trivia in this warehouse-style social lounge.

Herbal and Botanical Mocktails

Each ingredient of the Prohibited Paradise at Bardstown Bourbon Company is more than meets the eye. First, Lyre's American Malt NA spirit is house-infused with black peppercorn, juniper and cardamom. Monin Agave Nectar with sage and



peppercorn brings sweetness. Finally, lime and orange juice (with juniper and lime peels) give it a citrusy lift. A crushed black peppercorn rim adds heat with each sip!

The Shelbyville Spritzer at Bulleit Distilling Co. in Shelbyville is an ode to nature's abundance. Herbal NA spirit Seedlip sets the tone with pea and thyme notes, while pear-rosemary syrup brings garden freshness. Fresh lime juice and zingy Fever Tree Sparkling Lime & Yuzu balance it out. Enjoy from a comfy sofa under the towering rows of bourbon barrels in the distillery's modern tasting room.

Just Like the Real Thing

The bellini is a brunch staple. Head to Danville and visit The Still at Blue Rook Distillery for its booze-

free version, the Baby Bellini, which combines summery peach juice with Sprite to give it those all-important bubbles. A bit of cranberry juice adds tartness and tannin, cutting through that sugary sweetness. It's perfect paired with the Smoked Salmon Tartine on The Still's relaxed patio!

At Juniper's Gin Bar in Covington, you can hardly tell the difference between its Aper-All Spritz and its inspiration, the Aperol spritz. In place of Aperol, this drink stars Giffard Sirop Aperitif, a bitter orange and gentian root syrup. Topped

with seltzer and Freixenet Alcohol Removed Sparkling Wine, you get all the bubbles and all the flavor of the real thing—with none of the booze.

There is no reason to miss out on all the fun just because you don't drink bourbon. Kentucky bourbon country's top-notch mocktails make the trip a fun and festive experience for everyone.

To start planning your zero-proof trip today, visit www.kentuckytourism.com.

STRAWBERRY LEMONADE REFRESHER

Sweet strawberries, fresh lemon, and icy bubbles — the ultimate refreshing drink!

Ingredients:

- Fresh strawberries
- Lemon slices
- Lemonade
- 7UP (or soda)
- Red sports drink (optional)
- Ice cubes



Instructions:

Quick Steps: Add sliced strawberries and ice to a glass. Pour in lemonade and a splash of soda. Add sports drink for extra flavor. Stir well and garnish with lemon & strawberries. Cold, fruity, and perfect for summer days!

CUCUMBER MINT LEMONADE

(Best for Light/Grilled Fish)

Ingredients:

- 1/2 cucumber (sliced),
- 10 mint leaves,
- 1 oz simple syrup,
- 1 oz fresh lemon juice,
- soda water.

Instructions

Method: Muddle cucumber, mint, and syrup in a shaker. Add lemon juice and ice. Shake well, strain into a tall glass over fresh ice, and top with soda water.



Cooking With Edible Flowers

How to safely use edible blooms to add flavor and beauty to dishes.



By Veronica

Tegen

Ask the Food Geek

There isn't a lot of space in my little yard in the Midwest, so what space I do have is dedicated to growing food. I grow vegetables in raised beds, but that's just the start of it. I've dotted the yard with cherry, peach, and paw paw trees. Also, I have even been

trialing a new cold-hardy almond variety.

Strawberries act as ground cover in one corner, and raspberries and blackberries provide a privacy fence in another small corner. I'm growing grapes up an arbor, and kiwi berries along the fence.

I try to tuck as much fun and whimsy as I can into my edible garden. I love the short burst of perfume from lilacs, chive's fuzzy pompoms, and the fiery red bee

balm that always looks like it's having a bad hair day. And of course, there's nasturtium and its sunny colored flowers.

Too bad I end up eating them all, poor things!

If I had to pick a favorite edible flower, it would be nasturtium because it's easy to grow, all parts are edible, and I love the flavor. What's not to love? It has a distinct peppery flavor similar to radishes or mustard which is strongest in the seeds and lightest in the flowers.

Nasturtium: what's edible?

Seeds

Strongest flavor. Can be eaten raw, although they are most often pickled (ending up like capers). Use young pods that are still green & soft. Mature yellow seed pods have a very hard seed inside that tastes bad.

Leaves

Both big and small leaves are edible and have a hint of bitterness that other parts don't have



Flowers

Come in a variety of colors and can be used to dye vinegar and other infusions

Stems

Similar texture to chives with a bit more 'bite' than flowers and leaves

Flavor

All parts taste very similar and have a peppery 'bite' that resembles a radish

Nasturtium leaves have a generic green plant-like taste (like a lot of salad greens), with the sharp peppery bite that shows up several seconds later. That flavor is delayed because as you chew the leaves, a chemical reaction creates the mustard-like sharpness. It's much milder in young leaves and stronger as they mature. In fact, it's the same chemical family that creates the bite in mustard, wasabi, and horseradish.

The leaves are a great stand in for spinach in most recipes. They work in salads, on pizza, and even spinach-artichoke dip. Use the stems in place of chives on things like grilled corn, baked potatoes, or in omelets. Young seeds can even be pickled and used like capers.

The prettiest part of the plant, the flowers, come in a variety of colors and all of them are edible. They have a soft texture that easily blends into everything. I love adding them to things like compound butter and quickbread because they end up dotted with flecks of red, orange, and yellow.

They also make bright orange-red infused vinegars, alcohols, and jellies. Sometimes I leave them whole and scatter on top of a salad, pasta, or charcuterie board. Even though it seems like I've tried it all, I find new ways to use them every year. But the one use I come back

to year after year is nasturtium pesto. It's so easy to grab all of the leaves, flowers, and stems near the end of the season and toss them into a food processor. I make large batches and freeze them, so I can enjoy a little bit of sunshine in the winter.

This pesto is so versatile, it's gone before I know it. Throughout fall and winter, I drizzle it over roasted vegetables. I use it in pasta for dinner as well as cold pasta salads for a potluck. It's great on bruschetta and as a unique base sauce on homemade margherita pizza. I like using it as a spread for an Italian sub, grilled chicken pesto

sandwich, and grilled cheese. I stir it into homemade soups, like potato and minestrone. It makes a great vinaigrette for salads, especially caprese. And lastly, I never forget about eggs. Nasturtium pesto makes a fun omelet, breakfast sandwich, and even an egg-topped avocado toast.

Nasturtium pesto is as hard working as the plant itself, and just as rewarding. If you haven't planted some yet, I hope I've convinced you to give it a try this year.

For more information, visit <https://askthefoodgeek.com/subscribe-for-seasonal-emails/>

NASTURTIUM PESTO

Ingredients:

50 large nasturtium leaves or twice as many if small
¼ cup pistachios or favorite nut
½ cup olive oil
½ cup Parmesan cheese
1 tablespoon grapefruit juice or lemon or lime juice
1 pinch red pepper optional
salt and pepper to taste

Instructions

Wash the nasturtium leaves and shake them dry (they can be slightly wet).
Toast the nuts (it intensifies their flavor and I love it) - put them in a dry pan over medium heat, stirring every 30 seconds or so. Cook for 2-3 minutes - until they start to smell good. Then take them off the heat, or they will burn (fast!)
Fill your food processor up ¾ of the way, loosely, with leaves. Blend until they are chopped. Add more leaves, blend. Continue this until all of the leaves are blended up. Add in the pistachios and grapefruit juice. Blend until finely chopped. Add in the cheese, red pepper and half the oil. Blend. Add more oil until it's the desired consistency. This will highly depend on how much nasturtium you used. Taste. Add salt, black pepper, more nuts or more cheese until you like how it tastes.
Note: This is a loose form recipe. Use as much nasturtium as you pick. I filled a regular sized colander with leaves, slightly packed. It resulted in 2 cups of pesto.



<https://askthefoodgeek.com/>

Other edible flower recipes:

Candied lilacs: <https://askthefoodgeek.com/candied-lilacs/>

Chive blossom vinegar: <https://askthefoodgeek.com/chive-blossom-vinegar-diy/>

Nasturtium vinegar: <https://askthefoodgeek.com/>

[nasturtium-vinegar/](#)

Nasturtium pesto pasta: <https://askthefoodgeek.com/nasturtium-pesto-pasta-asparagus/>

Veronica Tegen is the creator of Ask the Food Geek - a site for people who want to cook a little more seasonally. She focuses on using fresh produce from farmers markets and her garden to take advantage of their flavor during their peak seasons.

Vinegar Made From Flowers



By Veronica Tegen
Ask The Food Geek

Chive blossom vinegar is probably the prettiest thing I've ever made (that I can also eat!). It's the perfect rosé color. It makes me pause and smile every time I use it.

If you haven't grown chives before, they're pretty carefree plants that come back every year, even in cold wintry climates. They can also be grown in a pot on a balcony or indoors with a little grow light.

The fluffy little flower heads last for 2-3 weeks. I'm in the Chicago area and they bloom starting around mid-May and last to early June.

Once the flowers are in full bloom, the process is so easy that I might call it effortless. You harvest, wash, then add to a jar of vinegar. Wait a few days to a few weeks and you have a beautiful botanical condiment.

I use it anytime a splash of vinegar or squeeze of lemon would liven up a dish, as long as the oniony flavor works. Homemade vinaigrettes are my quick go-to, and it's especially well suited for an Italian sub, grinder sandwich, and chicken or egg salads. I like to sneak it in deviled eggs too.

I also use it all summer long for my potluck coleslaw, 3 bean salad, and potato and pasta salads (to everyone's delight!). It's great on grilled fish and mixed in with pulled pork. Most vegetable sides benefit from a splash or two, whether those are grilled or raw, like a cucumber salad.

But my all-time favorite use is to gift it. I love bringing it as a little thank you gift when someone hosts a dinner party or backyard BBQ. Everyone's face lights up at the bottled blush color. I buy hot sauce jars online along with labels to write on. I don't even bother with printing something fancy - I write it by hand and let us all have a good laugh at my Pinterest-fail calligraphy.

CHIVE BLOSSOM VINEGAR

Ingredients

½ to 1 cup Chive blossoms

1.5 cups white wine or champagne vinegar (a clear vinegar you'd use to make salad dressings with)

Instructions

Wash chive blossoms. Dunk chive blossoms in water to remove bugs and dirt, shake dry (they can be wet, just not dripping wet) Infuse for 24 hours to several weeks. Put the chive blossoms in a glass jar and pour the vinegar over the top. Cover the jar and let sit for at least 3-7 days (ideal length of time for flavor). The color turns bright pink in a few hours and stops gaining color after about 1 day. The flavor gets more intense the longer it sits. You can leave it for a few weeks if you want. Strain: use a cheese cloth or coffee filter to strain the chive blossom vinegar. It will remove seeds and sediment. Store in a cool-dark place for 2-3 months or refrigerated for 6-8 months. Check for signs of spoilage - if it bubbles it is fermenting and it should be thrown away because some of the organisms that cause fermenting are bad, and you don't know if you have good or bad ones! If it's moldy, slimy, or cloudy, also throw it away.

Shared by <https://askthefoodgeek.com/chive-blossom-vinegar-diy>



Notes:

Don't use metal containers or lids unless they are stainless steel. Most metals will react with the vinegar and give it an off taste. Mason jar lids are stainless steel.

Chive blossoms: I've used as little as 10 blossoms per pint jar of vinegar. It's still enough to turn it a pretty pink color and add a chive flavor. The more flowers you have, the more intense the color, up to a point.

Veronica Tegen is the creator of Ask the Food Geek - a site for people who want to cook a little more seasonally. She focuses on using fresh produce from farmers markets and her garden to take advantage of their flavor during their peak seasons. You'll also find some garden guides as she grows fruits and vegetables in the test beds in her backyard. You can visit her site at AskTheFoodGeek.com or her free weekly newsletters here: <https://askthefoodgeek.com/subscribe-for-seasonal-emails/>

A MIDWEST SPRING TRADITION

Free to Table With Locust Blossoms



By Kathy Barnett
Editor-In-Chief

Cooking with edible flowers may feel like a modern culinary trend, but across mid-Missouri, it's a tradition that quietly dates back generations. Long before petals adorned restaurant plates, families were foraging, frying, and savoring the fleeting blooms of spring—especially the sweet, fragrant blossoms of the locust tree.

When I was a child, I was fortunate enough to grow up with the best of both worlds—a fair-sized city with everyday conveniences, and a family farm that grounded us in the rhythms of the seasons. Every week on my dad's day off, we would head out to the farm. There was always something to do: tending the garden, mowing grass, or simply running free through the fields. We ended our days gathered around a bonfire with a wiener roast and toasted marshmallows, the sky fading into dusk around us.

As the seasons shifted, so did our routines, and I always looked forward to spring most of all. The lilac bush would bloom, mushroom hunting became a weekend adventure, and we began watching the trees for something special—clusters of delicate white blossoms my mother called locust blossoms. They grew high overhead, usually out of reach for my sister and me, but somehow they were always carefully gathered. And when they were, we knew exactly what that meant: they were coming home for supper. Yes, supper.

At the time, I never questioned how my mother



knew they were edible. I assume she learned it from her own mother, just as so many food traditions are passed down without ceremony, simply becoming part of life. What I did know was that they smelled incredible—light, sweet, almost like honey—and somehow, they tasted just as good.

The season was brief. Locust blossoms don't last long once they open, and we might only enjoy them once or twice before they wilted away. That fleeting nature made them feel even more special, something to be anticipated and appreciated while it lasted.

In our house, preparation was simple and practical. My mother would carry the blossoms to the sink in a big enamel bowl, where they were gently rinsed and then soaked in lightly salted water. It was a necessary step, removing dust and the tiny insects that hid within the petals. After draining on a towel, the clusters were ready for the skillet.

This humble preparation reflects a broader tradition found throughout rural America and even parts of Europe, where flowering plants like elderflower and acacia have long been dipped in batter and fried. In Missouri, black locust blossoms (*Robinia pseudoacacia*) became a seasonal treat, their mild sweetness lending itself perfectly to a light, crisp coating.

For modern cooks, it's worth noting that proper identification is essential. Only the blossoms of the black locust tree are edible; other parts of the tree are toxic, and similar-looking species should be avoided. Harvesting should always be done from untreated trees, away from roadsides, and blossoms should be freshly opened for the best flavor.

What makes locust blossoms so appealing in the kitchen is their delicate balance of flavor and texture. When fried, they become lightly crisp on the outside

while remaining soft and aromatic inside, offering a subtle floral sweetness that pairs beautifully with both savory and sweet finishes.

Today, edible flowers have found their place in upscale dining, used in salads, desserts, and infused syrups. Yet there's something grounding about returning to these simpler preparations—recipes born not from trend, but from tradition and resourcefulness.

When the locust trees bloom each spring, their fragrance still drifts through the air just as it did years ago. And for those who know, it signals a short but meaningful window of time—an opportunity to gather, cook, and taste a piece of the past. In a world that moves quickly, these seasonal rituals remind us to slow down and savor what nature offers, if only for a moment.

FRIED LOCUST BLOSSOMS

Ingredients

2 cups fresh locust blossom clusters	½ cup milk
½ cup flour	Pinch of salt
1 egg	Oil for frying

Instructions

Gently rinse the locust blossoms and soak briefly in lightly salted water. Drain well and pat dry. In a bowl, whisk together the flour, egg, milk, and salt to create a light batter. Heat about half an inch of oil in a skillet over medium heat. Dip the blossom clusters into the batter, coating lightly, then carefully place into the hot oil. Fry for 1–2 minutes per side, or until golden brown. Remove and drain on paper towels. Serve warm.



LOCUST BLOSSOM FRITTERS

Ingredients

2 cups fresh locust blossoms (removed from stems if desired)	1 egg
¾ cup flour	½ cup milk
1 tablespoon sugar	Pinch of salt
1 teaspoon baking powder	Oil for frying
	Honey for drizzling

Instructions

Rinse and prepare the blossoms as above. In mixing bowl, combine flour, sugar, baking powder, and salt. In a separate bowl, whisk together egg and milk, then stir into the dry ingredients to form a slightly thicker batter. Fold in the blossoms. Heat oil in a skillet over medium heat. Drop spoonfuls of batter into the oil and fry until golden brown on both sides, about 2–3 minutes. Drain on paper towels and drizzle with honey before serving.



Making Food With Flowers or Making Flowers With Food



By Renee Patrone Rhinehart,
Founder of Party Host Helpers
& Events by Renee

“One of my favorite hosting tricks is letting the fruit be the flowers. A table filled with colorful berries, citrus, and fresh fruit arrangements feels just as beautiful as traditional florals—and guests can enjoy it throughout the celebration.” Renee

Let the Fruit Be the Flowers. Here are some fresh ideas for Easter and Spring tables.

One of my favorite entertaining tricks for spring gatherings and Easter celebrations is letting fruit become the décor. Colorful berries, citrus, and fresh fruit displays create a table that feels vibrant and abundant—without needing elaborate floral arrangements.

Start with a spring-inspired palette—soft pinks, sunny yellows, and fresh greens—and choose fruits that naturally mimic flowers. Strawberries, raspberries, and watermelon bring beautiful blush tones, while citrus slices add bright, cheerful color that instantly feels like spring.

Sliced fruit creates instant visual impact. Lemon, lime, and orange



wheels floating in water candles or layered in clear pitchers look beautiful on an Easter brunch table and even add a fresh scent to the space.

You can also use height the way a florist would. Display fruit on cake stands, tiered trays, or in small compotes so the table feels layered and full. Grapes cascading from a platter or bowls of berries can look just as elegant as a floral centerpiece.

For Easter, I also love creating a fresh fruit Easter basket filled with strawberries, grapes, citrus, and berries. It doubles as a festive centerpiece and a healthy treat guests can enjoy throughout brunch.

The best part? When your décor is edible, nothing goes to waste—and guests can snack while they celebrate.

Renee's Tips Turning Fruit Into Floral Décor

Think of fruit like a flower palette - Choose fruits the way you would choose flowers. Strawberries, raspberries, and watermelon mimic soft pink blooms, while citrus slices add bright “sunflower” tones. Mixing colors instantly makes a table feel vibrant and spring-ready.

Slice fruit for instant visual impact: Lemon, lime, and orange wheels floating in water candles or layered in clear pitchers and vases add color, texture, and even fragrance to the table.

Use height like a floral arrangement: Display fruit on tiered trays, cake stands, or stacked bowls to create the same dimension you'd get from a centerpiece.

Let décor double as the menu. Bowls of berries, citrus arrangements, and fruit-filled Easter baskets create beautiful centerpieces while giving guests something fresh and delicious to enjoy.

Charcuterie Bouquet Vase

Showstopping edible centerpiece with salami roses, cheese & veggie cups.



🍷 Prepare the Vase

- 🍷 1 tall clear glass cylinder or cylinder vase
- 🍷 1-2 packs thin breadsticks or grissini (for lining the vase)
- 🍷 Extra breadsticks, broken, to fill center and support skewers
- 🍷 1 white satin ribbon, for tying

🍷 Meats & Cheese

- 🍷 40-50 thin slices hard salami (for roses & ribbons)
- 🍷 12-16 slices prosciutto or deli ham (optional, for extra roses)
- 🍷 200 g (7 oz) semi-firm cheese, sliced into small squares or circles (cheddar, gouda, provolone)
- 🍷 150 g (5 oz) mozzarella balls (bocconcini or ciliegine)
- 🍷 120 g (4 oz) semi-firm white cheese to cut into flower shapes (Havarti, provolone, or Monterey Jack)

🍷 Vase & Structure

- 🍷 1 tall clear glass cylinder vase
- 🍷 1-2 packs thin breadsticks or grissini (for lining the vase)
- 🍷 Extra breadsticks, broken, to fill center and support skewers
- 🍷 1 white satin ribbon, for tying

🍷 Meats & Cheese

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💡 Styling Tips

- 🍷 Vary heights of skewers and roses for a natural, dome shaped bouquet.
- 🍷 Cluster similar colors together (all yellow peppers, all white cheese flowers) for impact then break up with green herbs.
- 🍷 Spin the vase as you build to keep all angles looking full.
- 🍷 Serve alongside crackers, bread, and dips so guests can easily dismantle and enjoy.

Tasty Spring Side Dishes to Compliment Seafood, Eggs, Edible Flowers or Anything

CRUNCHY PEA SALAD

Ingredients

This recipe was discovered among several seafood dishes, but it pairs well with any meal.

1 pkg. frozen peas, thawed
1 can sliced water chestnuts, drained
½ c. radishes, sliced or chopped
½ c. red pepper, chopped
1/3 c. onion, chopped
1/3 c. mayonnaise
1 tsp. dill weed
½ tsp. garlic salt
½ tsp. poppy seeds
salt and pepper to taste



Instructions:

Combine vegetables in large bowl. Mix all seasonings together in small bowl; pour over vegetables and toss lightly. Cover and chill.

GARLIC ONION BREADSTICKS

Ingredients

3 tbsp. finely chopped onion
3 tsp. minced garlic
1 tbsp. butter
1 tube crescent rolls
Italian seasoning to taste
finely shredded mozzarella cheese, optional



Instructions

Sauté onion and garlic in butter for 2-3 minutes. Unroll crescent dough; seal perforations. Divide into two rectangles. Place on ungreased baking sheet; spread with half the onion mixture. Sprinkle with cheese if desired. Top with second rectangle and spread with remaining onion mixture. Sprinkle with seasoning and additional cheese if desired. Bake at 400° for 10-12 minutes. Cut into breadsticks or wedges. Serve with soup, seafood or your favorite pasta dish.

ASPARAGUS AND MUSHROOMS

Ingredients

1 lb. fresh asparagus spears, trimmed
¼ c. butter
2 c. sliced fresh mushrooms
2 tbsp. Dijon mustard
salt and pepper, to taste
½ tsp. minced garlic



Instructions:

Place asparagus in skillet and add enough water to cover. Bring to a full boil. Cook until crisply tender. Drain and add butter. Sauté until butter is melted then add remaining ingredients. Cook, stirring occasionally until heated through.

Microwave Directions: Melt butter then add all ingredients except mushrooms and asparagus. Mix well. Add mushrooms and asparagus, tossing to coat in butter mixture. Cover and cook 5-10 minutes, stirring half way through. Let stand before serving.

GARLIC PARMESAN EGGLANT

Ingredients

1 med. eggplant, sliced
1 tsp. salt
½ c. flour
½ c. bread crumbs
¼ c. grated Parmesan cheese
1 tsp. basil
1/3 c. olive oil
pepper, to taste
1 tsp. minced garlic
2 eggs, beaten
1 ripe tomato, chopped



Instructions

Sprinkle salt on slices of eggplant. Stir together flour, bread crumbs, cheese and basil. Cook garlic in oil in large skillet. Add pepper if desired. Dip eggplant sliced into eggs then coat with flour mixture. Fry eggplant in batches in skillet. Place on serving platter and sprinkle with tomato. Cover with foil for 2 min. or until tomato is heated through.

Special Spring Food Events



Oak Island Seafood Festival

May 2 / OAK ISLAND, NC – 12:00 PM–5:00 PM at Middleton Park Complex — Come enjoy a day of great fun, and amazing food. The day will feature a Cooking Demonstrations, Educations Events, Food Trucks, a Craft Market, and live music from the Lockwood River Band. There will be a peel and eat shrimp competition and live music by the Lockwood River Band. See more information on [North Carolina Festivals](#).

Easter Champaign Brunch

April 5, 2026 /BRANSON, MO -10:30 a.m. - 3 p.m. at the Chateau on the Lake. Spring Delights Await: Celebrate Easter at Chateau on the Lake! Easter awakens, and so does the magic at Chateau Grille! Join us for a champagne brunch buffet unlike any other. Savor Chef's award-winning creations, each bursting with the season's vibrant flavors. Imagine succulent carved meats, refreshing salads, and melt-in-your-mouth pastries - a symphony for your taste buds. Raise a glass of bubbly for a touch of sophistication, and let the breathtaking panorama of the Ozarks and Table Rock Lake set the scene for unforgettable memories. Our warm ambiance invites laughter and connection, making Easter truly special. For reservations, visit bit.ly/4rM7ztV Don't just brunch, celebrate in style! Secure your spot at Chateau Grille for a limited-seating event.



Murder Mystery Dinner Cruise

Mar-Apr/Mobile, AL - Weekends –

Thur., Fri. or Sun.

Trust no one - not even your date! Step onto the deck of the Perdido Queen, where the atmosphere is thick with mystery and the river breeze



carries a hint of “foul play.” This isn't your typical sit-and-watch dinner theater; it's an immersive, unscripted heist of the senses. Aboard our authentic paddlewheel riverboat, the line between fiction and reality is a bit murky. There are no scripts here, and that person asking you to pass the salt might just be a cold-blooded killer-or our next victim. From the moment we cast off, everyone is a suspect. Three-course dinner served. For reservations, visit <https://perdidoqueen.com/cruises/murder-mystery-dinner-cruise/>

Hastings' Cabbage, Potato and Bacon Festival

April 25-26/St. Augustine, FL -

This family-friendly celebration honors the community's agricultural heritage through cooking demonstrations, artisan vendors, live music, and three



ticketed events. Originally settled as a railroad-oriented farming community to supply winter vegetables, especially potatoes, to Henry Flagler's resort hotels nearby. Free activities include the Great Hastings Mow Down Lawn Mower Races, a [cottage artisan vendor market](#), [free live cooking demonstrations from local chefs](#) and [live music on North Main Street](#). See more details at <https://www.hastingsfl.org/event/cabbage-potato-bacon-festival/>





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