

* RECIPE *

PERSONAL QUICHE

(YIELDS 3)

15 MINUTES

1 HOUR

PREP TIME

TOTAL TIME

* INGREDIENTS

2 EGGS & 2 ADDITIONAL YOLKS

1 CUP GRUYERE - SHRED

1 CUP WHOLE MILK

FROZEN PIE CRUST - THAW

1 CUP HEAVY CREAM

OPTIONAL:

PINCH NUTMEG

COOKED BACON OR PANCETTA

1/2 TSP SALT/PEPPER

* INSTRUCTIONS

1. PREHEAT OVEN TO 400 DEGREES.

2. SPRAY THE PAN WITH NON-STICK SPRAY. MEASURE PIE CRUST AND PLACE INTO PAN.

3. FILL PAN WITH CHEESE AND OPTIONAL FILLINGS.

4. WHISK EGGS, CREAM, NUTMEG, AND SALT/PEPPER. THEN POUR THE MIXTURE INTO THE PAN.

5. BAKE APPROXIMATELY 30-40 MINUTES.

* RECIPE *

EASY CUCUMBER SALAD (YIELDS 2)

5 MINUTES

PREP TIME

10 MINUTES

TOTAL TIME

* INGREDIENTS

2-3 PERSIAN CUCUMBERS

10 CHERRY TOMATOES

1 TBSP SWEET ONION

1 CUP SHREDDED CARROTS

2 TBSP SEASONED RICE VINEGAR

2 TSP ITALIAN SEASONING

FINISHING SALT

OPTIONAL:

AVOCADOS/BELL PEPPERS/BLACK OLIVES

OR ANY TOPPING OF YOUR CHOICE - GO NUTS!

* INSTRUCTIONS

START BY SLICING THE CUCUMBERS INTO HALF-MOONS, HALVING THE TOMATOES AND CHOPPING THE ONION - PUT IT ALL INTO THE BOWL WITH THE SHREDDED CARROTS. SPRINKLE THE ITALIAN SEASONING OVER THE VEGGIES, THEN THE VINEGAR. TOSS. SERVE WITH A PINCH OF THE FINISHING SALT ON TOP.

EXTRA NOTE: YOU CAN MAKE THIS SALAD AHEAD OF TIME AND STORE IN THE FRIDGE FOR UP TO 6 HOURS. HOLD OFF ON ADDING SALT UNTIL SERVING.

* RECIPE *

VANILLA CHEESECAKE SHOOTERS (YIELDS 6)

5 MINUTES

PREP TIME

20 MINUTES

TOTAL TIME

* INGREDIENTS

12 CHOCOLATE CHIP COOKIES

1/4 CUP COLD HEAVY WHIPPING CREAM

1/3 CUP 0% GREEK YOGURT

8 OZ PACKAGE CREAM CHEESE @ ROOM TEMP

1/3 CUP SUGAR

1 TSP LEMON JUICE

1 TBSP VANILLA BEAN PASTE

6 RASPBERRIES

* INSTRUCTIONS

1. PLACE A METAL BOWL AND METAL WHISK ATTACHMENTS OF A HAND MIXER INTO THE FREEZER FOR 10-15 MINUTES.

2. CRUMB THE COOKIES EITHER BY CRUSHING IN A BAG OR USE A FOOD PROCESSOR. EVENLY DISTRIBUTE CRUMBS AMONG THE 6 CUPS.

3. REMOVE BOWL FROM FREEZER. PUT CREAM INTO BOWL AND, USING HAND MIXER, BEAT AT MEDIUM SPEED UNTIL CREAM HOLDS STIFF PEAKS, 2-3 MIN. GENTLY WHISK IN THE YOGURT UNTIL INCORPORATED, 15 SECONDS.

4. IN A SEPRATE BOWL, COMBINE CREAM CHEESE, SUGAR, LEMON JUICE AND VANILLA PASTE. USING HANDMIXER, BEAT UNTIL SMOOTH THEN STIR IN WHIPPED CREAM UNTIL COMBINED. PIPE INTO GLASS AND TOP WITH RASPBERRY