



# Better Life Food Kitchen Notes

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Spring 2016

## Spring Into Brunch!



Oh, you know what else brunch is awesome for? Bridal and Baby Showers (which would probably also thrill your mom!)

Okay, stay with us here: Nothing says "Spring is here!" like *brunch*...  
And nothing says *brunch* like *eggs*...  
And nothing makes eggs better than Depot Spice!

Let us help you be the king or queen of Spring with this wonderful **Egg Bake/Breakfast Strata Recipe:**

16 Eggs  
4 cup Milk  
2 tsp Depot Spice  
1 tsp Dry Mustard

6 Slices Bread/Challah  
2 cups Filling of Choice  
12 slices Cheese

1. Beat 1st 4 ingredients together with whisk
2. Pour into medium sized, greased ceramic baking dish
3. Top with bread, then with filling, then cheese
4. Let rest 5 minutes for bread to absorb egg mixture
5. Bake at 325° for 30 minutes or until firm and golden

Variations:  
Sausage/Cheddar  
Bacon/Swiss  
Spinach/Gouda

And we know that you're thinking, "Everyone will love this, but how do I get my hands on that precious ingredient?" Well, life is good because you can just jump in the car and head to:

**Volante Farms** at 292 Forest Street in Needham, MA or **Panella's Market & Deli** at 50 Central Street, Needham, Ma or **Dunn & Gaherin's** at 375 Elliott Street, Newton Upper Falls, MA or **Savas Liquors** at 330 Bedford Street in Lakeville, MA because choices are wonderful things.

And you can always order our Depot Spice online at: [shop.depotspice.com](http://shop.depotspice.com)

**Feast of the Falls**

**Save the Date!**  
**Sunday**  
**6/26/16**

**4th Annual  
Feast of the Falls**

**If you're lucky enough to live in  
Newton Upper Falls!**

This year, **Christopher Osborn** and some other people will again make the most wonderful food using **Christopher Osborn's** marvelous **Depot Spice** and the awesome recipes from his company, **Better Life Food.**

### Graduation Party Party Menu!!

#### Stationary Appetizer

**Black Pepper Lavash Toasts**  
with veggie sticks, spinach-artichoke dip and hummus

#### Passed Appetizer

**Sweet Potato Pancakes** with carrot relish  
**Grilled Chicken Skewers** with chimchurri sauce  
**Mini NE Crab Cakes** with remoulade

#### Dinner

**Seasoned and Grilled Sirloin Steak Tips**  
**Barbeque Boneless Breast of Chicken**  
**Grilled Summer Vegetables**  
**Foiled Potatoes** red bliss potatoes and vidalia onions grilled in foil with butter and Depot Spice  
**Corn Bread and Rolls**

#### Dinner

**Grilled Fruit Kabobs** with balsamic glaze  
**Assorted Baked Goods**  
**Berry Crumble** with whipped cream

### Menu Ideas

(for the post-grads)

**Mushroom Ragout on Polenta Round**

**Shrimp and Scallop Cakes** with sweet cucumber sauce

**Oven-fried Chicken Brochette** with sweet Thai chili sauce

**Zucchini Fritters** with kimchi relish

**Flat Bread:** fresh pea and gruyere with spring onion and pea tendrils

**Assorted Short Breads:** chocolate, lavender and lemon-poppy

\*go to our "Recipe" page on our website, [www.betterlifefood.com](http://www.betterlifefood.com) to get the full recipe