

# Recipes

## **Egg Frittata**

10 – 12 eggs

½ cup of half and half

Beat together; pour into sprayed pie plate; bake at 350 degrees for 50 minutes.

You may sprinkle into the frittata:

Grated cheese – I usually stir some in and sprinkle some on the top

Ham, Sausage, Bacon

Sautéed onions, green/red/orange pepper

Tomatoes

Asparagus and Parmesan Cheese

Sandy's Tip: Mix the cheese into the egg mixture before baking. Bake for 45 minutes, sprinkle cheese on top and broil until golden brown (5 minutes).

## **Chicken Salad**

Bake 6 chicken breasts

Cool. Cut into small pieces.

Add 1-cup of celery and 1-cup of mayonnaise.

Stir together; divide into 5 small glass containers.

You may add:

Herbs – Basil, Rosemary, Oregano, Thyme, Sage

Lemon Pepper

Green, Black, Kalamata Olives

Artichoke Hearts

Curry with Raisins

Dried Cherries or Cranberries

Walnuts, Pecans