



Vitamin D and Immunity

These are some of my favorite Fall dishes! We can still get so much beautiful produce from the Farmer's Market, and we can also get a healthy dose of Vitamin D to help us through the winter months. I hope everyone will visit their local Farmer's Market this weekend, and try these dishes to welcome Fall and Winter in a healthy and delicious way! –*Chef Megan Lambert*

Quiche with Greens and Mushrooms

Yield: 1 – 9” quiche

1. Whole Wheat Pie Dough

Yield: 1 – 9” pie crust

- Whole wheat flour ¾ c.
- All-purpose flour ¾ c.
- Salt ½ t.
- Butter 10 T.
- Ice water 5 – 6 T.

Method:

1. Mix together flours and salt in a medium bowl.
2. Cut in the butter using fingertips until it is in pieces the size of chickpeas.
3. Sprinkle the water over the flour mixture and mix very gently, pressing and flipping the dough until it just comes together.
4. Press the dough into a disc, wrap in plastic, and chill overnight or freeze until ready to use.
5. Preheat oven to 375^F.
6. To make the quiche, roll out the pie dough into a 12” circle and place into a 9” pie pan.
7. Fold the edges under to make an even rim on the pie shell and flute the edges.
8. Place a parchment paper liner in the pie crust and fill with pie weights (or beans or rice)
9. Bake in a 375^F oven until the crust is dry, then remove the paper liner and continue baking until it is just slightly brown.
10. Proceed with quiche recipe.

2. Quiche with Greens and Mushrooms

Yield: 8 servings

- Prebaked Pie Shell 1 – 9” pie shell
- Large eggs 3 each
- Whole Milk ¾ cup
- Heavy Cream ¾ cup

- Salt ¼ t.
- Pepper ¼ t.
- Olive oil 1 T.
- Green Onion 3 each
- Greens, such as Mustard, Spinach, Kale, or Swiss Chard 1 bunch
- Mushrooms, any type, sliced 1 ½ c.
- Your favorite cheese 1 cup, shredded (4 ounces)

Method:

1. Heat oven to 325^F.
2. In a medium bowl, whisk together the eggs, milk, cream, salt, and pepper. Set aside until ready to assemble the quiche.
3. Remove tough stalks from kale, if using. Wash, dry, and chop the greens. Finely chop the green onions. Slice the mushrooms.
4. Heat the oil in a medium saute pan, over medium heat, and add the greens. Saute until they are bright green and wilted, just for a minute or so. Add the mushrooms, and saute until they are softened and begin to brown. Add the green onions and saute for a minute. Remove from heat and allow to cool slightly.
5. To assemble quiche: Put the baked pie shell on a sheet pan lined with parchment. Place ½ cup of shredded cheese at the bottom of the pie crust. Place sautéed greens and mushroom mixture on top of the cheese, then pour the custard mixture over the asparagus. The custard should come up as high as possible, without overflowing. Sprinkle with the remaining cheese, and place the quiche into a 325^F oven.
6. Bake until the quiche is slightly puffed in the center, and jiggly but not liquid. Approximately 30 – 45 minutes.
7. Allow the quiche to cool slightly before cutting into 8 slices.

Salmon with Miso Ginger Glaze

Adapted from: <https://www.momskitchenhandbook.com/fish-and-seafood/miso-and-ginger-glazed-salmon-beautiful-brain-food/>

Yield: 4 servings

You can use any kind of fish or seafood for this dish. Baking at a high temperature will allow the fish to brown and prevent it from getting dry; this is especially important if using frozen fish. Serve with baby bok choy and soba noodles or pair with a fresh salad for a delicious meal!

- Miso paste 2 T.
- Mirin ¼ c.
- Seasoned rice wine vinegar 1 t.
- Soy sauce (or gluten-free Tamari) 2 t.
- Honey 1 t.
- Fresh ginger, peeled, and grated 1 T.
- Sesame oil 1 T.
- Salmon fillets, about 3 ounces each 4 each

