

Homecare Connection

Bringing the Restaurant Home

Onion, Kale & Spinach Quiche

- 5 eggs (whisked)
- Pre-made frozen pie crust (deep dish)
- ½ onion (diced)
- Handful each: fresh spinach and kale (chopped)
- 4 ounces each: cheddar and swiss (shredded)

Pre-heat oven to 400 degrees. Place onion, spinach and kale in a large bowl. Stir in whisked eggs and cheese, and mix well. Spread mixture into pie crust, and bake in oven 40 minutes.

Shrimp Scampi

- 1 bag 21-25 shrimp
- 2 TBSP butter
- 2 TBSP olive oil
- 1 head roasted garlic
- Juice from 1 lemon
- 4 ounces white wine
- 1 package refrigerated pasta

Heat sautee pan; add olive oil and butter, stirring frequently. Peel and devein shrimp; add to pan with oil and butter. Stir to coat shrimp. Squeeze head of roasted garlic into pan. Mix well. Squeeze juice from 1 whole lemon and white wine into pan, and stir well. In a separate pot, bring cold water to a boil; stir in refrigerated pasta and cook 3-4 minutes until al dente. Using tongs, transfer the pasta into the shrimp pan, turn the heat up, and mix well, letting the pasta absorb the scampi sauce. Garnish with parsley if desired.

Seared Strip Steak

- 2 TBSP olive oil
- ½ pound strip steak
- Salt & pepper to taste

Pre-heat oven to 400 degrees. Heat sautee pan, and add olive oil over med-high flame. Sprinkle salt and pepper on steak, and cook steak in pan 60-90 seconds on each side. Transfer pan into oven, and cook for 10-15 minutes.