

## Wholy Recipes

My goal is develop a MEALS in MINUTES COOKBOOK. I like to prepare our meals quickly with basic ingredients from my pantry. Here are a couple of those meals. Hope you enjoy them as much as we did!

### GRAB & GO QUICHE

Quiche is one of my favorite freezer meals. Using 2 Man Size Pans, I have plenty for the freezer after a tasty quiche meal. Since we travel into

Anchorage every Wednesday, these portion size quiche are perfect

1. Spray man-size muffin pans with Vegalene . Preheat oven to 350.
2. Use Food Processor to make 2 Cups of bread crumbs, about 3 slices. Spread evenly around muffin pans.
3. Chop veggies of choice & meat of choice. I like mushrooms, celery, onion, peppers. OR place them in your blender to puree with the milk & eggs.
4. Add seasonings - Italian, Pizza, Taco, Montreal Steak, salt & pepper.
5. Grate up cheese of choice & layer over meat,/veggie layer.
6. Blend 6 eggs, 1 1/2 C milk or cream in blender.. Pour over filling.
7. Bake at 350 until set, about 30 minutes.



### QUICHE VARIATIONS

1. Taco flavored burger with onion, cheese, olives. Serve with a sour cream mixed with salsa. Here are 10 of them baked & ready for the freezer.
2. Flaked Salmon with crunchy celery, peppers, & onion. Top with cheese.

### SPINACH SALAD with CRISPY CHICKEN STRIPS

An Ulu can be a handy tool. While the spinach is still in the 'box,' chop it with an Ulu for a more pleasing portion. The Ulu also did a great job slicing the chicken breasts!

1. Coat chicken slices with...  
1/2 C freshly milled flour    1 t sesame seeds  
1 t Montreal Steak Seasoning
2. Cook chicken strips in a bit of oil in Sizzle pot or fry pan, until pink is gone, turning frequently.



3. While chicken cooks, prepare individual salads.  
Chopped spinach                      Siced celery  
Chopped cabbage                      Grated carrots  
Cherry tomato halves                      Chopped cauliflower  
Cheese logs                              Diced roasted almonds
4. Top with chicken strips & homemade Ranch. Add a homemade roll on the side ....

Dinner for a King & Queen!