

Available Now...

Spinach

Farmers' Markets in Colorado are beginning, and an early season crop to look for is spinach.

Choose fresh, crisp, green bunches with no evidence of insect damage.

Spinach is fat free, high in dietary fiber, vitamins A and C, iron and folate and a good source of magnesium.

Look for Colorado spinach at your local grocery store, farmers' markets or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

www.coloradoagriculture.com
for a complete list of recipes.

Spinach and Sundried Tomato Quiche

*Chef Jason K. Morse, C.E.C.
Valley Country Club, Aurora, Colo.*

- 1 10" Pie Shell
- 1 Package Raw Spinach, rough chopped
- 3 Tbsp. Olive Oil
- 1 Cup Sundried Tomatoes, rehydrated in hot water

- 1/2 Cup Pecorino Romano Cheese, grated
- 1 Medium Shallot, minced
- 1 Clove Garlic, chopped
- 1 Tsp. Herbs de Provence, dried
- 1/2 Cup Whole Milk
- 10 Eggs

Par bake pie shell until lightly golden, remove from oven and allow to cool at room temperature. Mix all the ingredients except eggs and milk then place in the cooled pie shell. Combine the eggs and milk and mix well. Pour the egg mixture over the ingredients. Bake at 325 degrees on a cookie sheet for 15 minutes, then rotate and bake for additional 12 minutes, or until fully cooked.



Next Month... **Strawberries**