

Green Chili Egg Bake

Ingredients:

- 10 eggs
- 1/2 cup melted butter
- 1 lb monterey jack cheese - grated
- 1 pt cottage cheese
- 1/2 cup flour
- 1 tsp baking powder
- 1/2 tsp salt or spike
- 2 - 4 oz cans chopped green chili
- 1 - 4 oz olives sliced (optional)

Optional Veggies: zucchini, mushrooms, spinach chopped that have been sautéed in butter

Directions: Beat eggs. Add the next 6 ingredients. Mix well and add green chili's, olives and optional veggies. Bake in a sprayed 9" x 13" casserole dish for 35 to 45 minutes.

Can serve with additional roasted veggies or fresh greens

Taste This!

Howard County Farmers' Market
September 21, 2018

Scrambled Tofu

Ingredients:

- 1 lb tofu, firm
- 1/2 cup onion, chopped
- 1 Tbs olive oil
- 2 Tbs nutritional yeast
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp turmeric
- 2 tsp chicken-style seasoning

Directions: Drain the water off of the tofu and pat dry. Crumble into small pieces. In a large skillet add the oil, tofu and other ingredients. Cook for 5 to 10 minutes until the liquid evaporates and onion pieces are soft.

Taste This!

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