

RECIPE'S FROM AMGA's HERB LUNCHEON-February 24, 2018

Cherry Chicken Salad

6 cups boiled, and cubed chicken breast
1 cup skin on chopped granny smith apples
1/2 cup finely chopped red onion
1 cup dried cherries rough chopped
2 Tablespoons fresh Basil, chopped
6 sprigs of fresh mint, chopped
Combine above ingredients in mixing bowl.

1 cup Mayonnaise
1 teaspoon seasoning salt
1 teaspoon ground pepper
In smaller mixing bowl mix together above ingredients, and fold in to chicken mixture.

HEALTHY BREAKFAST MAKE AHEAD EGG MUFFINS

10 eggs
1/2 red bell pepper, finely chopped
1 cup of cheddar cheese
1 shallot, finely chopped
1 Tablespoon of fresh Thyme
¼ cup of heavy cream
1 Tablespoon olive oil
Salt
Pepper

INSTRUCTIONS

1. Preheat oven to 350. Line a muffin tin with parchment paper liners.
2. Heat a small skillet over medium high heat and add olive oil.
3. When oil is hot, add bell peppers and shallots, reduce heat to medium low. Season with salt and pepper.
4. Saute the pepper and shallot until soft and golden, about 5 minutes. Keep a close eye on it, as the shallot tends to burn quickly.
5. In the meantime, whisk eggs until scrambled, add salt and pepper to taste. Add the cream,cheese and thyme.
6. Spoon the peppers and shallot mixture evenly among the muffin tin liners.
7. Evenly pour the egg mixture over the pepper shallot mixture, filling each muffin cup about 3/4 full.
8. Bake in the oven until egg is set and puffy, about 15-20 minutes.
9. After removing from oven, immediately remove from muffin tin and allow to cool completely on a cooling rack.
10. Store in the refrigerator for up to five days.

Cheesy Potato Dill Soup

Ingredients

- 2 tbspcanola oil
- 1 large onion, (should yield 2 cups of chopped onion)
- 3 cloves garlic, minced
- 3 pounds peeled russet or baking potatoes, cut into 1-inch chunks
- 6 cups chicken broth
- 1/2 cup crème fraise (or substitute sour cream)
- 3 tbspc fresh dill, stems removed (1 herb package)
- 3 tbspc lemon juice about 1 lemon
- 2 cups shredded Cheddar cheese (8 oz)
- Kosher salt to taste

Instructions

1. Heat oil in a pot. Add onion and increase heat to medium. Cook until golden, about 12 minutes. Add garlic; cook 1 more minute.
2. Add potatoes and broth and bring to a boil over high heat. Reduce heat and simmer until potatoes are tender, about 25 minutes.

3. With an immersion blender, puree soup until smooth (or puree in batches in a blender). Add cheese, tempered crème fraise, lemon and dill and season to taste with salt.
4. Serve hot, in bowls, topped with extra dill.

Blueberry Rosemary Scones with Lavender Glaze

- SCONES
- 3 cups All-purpose Flour
- 2/3 cups Sugar
- 5 teaspoons Baking Powder
- 1/4 teaspoon Salt
- 2 sticks (1/2 Pound) Unsalted Butter, Chilled And Cut Into Pieces
- 1 whole Large Egg
- 1 cup Heavy Cream
- 1 Tablespoon Finely Minced Fresh Rosemary
- Zest Of 1 Lemon
- 1 cup of blueberries
- GLAZE
- 5 cups Powdered Sugar, Sifted
- 1/2 cup Whole Milk, More If Needed For Thinning
- Zest And Juice From 1 Lemon
- 2 Tablespoons lavender blossoms
- Dash Of Salt

Preparation

Preheat oven to 350 degrees.

Sift together flour, sugar, baking powder, and salt.

Mix cream with egg, lemon zest and rosemary and allow to sit for 10 to 15 minutes to steep.

Use a pastry cutter or two knives to cut the butter pieces into the flour. Keep going until mixture resembles crumbs. Mix wet mixture with flour mixture; stir gently with a fork until combined. Gently add the blueberries. Mix should be crumbly, but if it's too crumbly to work with, splash in a small amount of heavy cream. Do not over mix!

Turn dough onto a floured surface and lightly press it together until it forms a rough rectangle. Use a rolling pin to roll into a rectangle about 1/2 inch to 3/4 inch thick. Use your hands to help with the forming if necessary. Final rectangle should be about 18 inches by about 10 inches.

Use a knife to trim into a symmetrical rectangle, then cut the rectangle into 12 symmetrical squares/rectangles. Next, cut each square/rectangle in half diagonally, to form smaller triangles.

Transfer to a parchment or baking mat-lined cookie sheet and bake for 18 minutes, removing from the oven just before they start to turn golden. Allow to cool for 15 minutes on the cookie sheet, then transfer to a cooling rack to cool completely.

GLAZE

To make the icing, add lemon zest, lemon juice and lavender into milk; allow to sit for awhile. Mix powdered sugar with the milk, adding more powdered sugar or milk if necessary to get the consistency the right thickness. Stir or whisk until completely smooth.

One at a time, carefully dunk each cooled scone in the glaze, turning it over if necessary. Transfer to parchment paper or the cooling rack. Allow the glaze to set completely, about an hour. Scones will keep several days if glazed.

Champagne Garlic Basil Vinaigrette

- 3 cloves of Garlic, finely chopped
- 2 tablespoons of Dijon Mustard
- 2 cups of Champagne Vinegar
- 2 tablespoons of Fresh Lemon Juice
- 2 tablespoons of Honey
- 2 tablespoons of Fresh Basil, finely chopped
- 2-3 dashes of Hot Sauce
- 1/2 teaspoon of Sea Salt
- 1/2 teaspoon of Freshly Ground Black Pepper
- 1/2 cup of Extra Virgin Olive Oil

Blend in a cuisinart adding in the Olive Oil slowly.