

Shopping and Equipment List

For Homemade Salt Scrub

Equipment:

- Bowl
- Mixing spoon
- Mason jar (for storage)

Shopping list for scrub:

- 1 cup pink Himalayan salt, or other good quality fine-grain salt.
- ¼ cup sweet almond oil, fractionated coconut oil or regular melted coconut oil.
- Your favorite essential oils! Lavender, Rose and Frankincense and citrus are some of Christa's favorites.

For Strawberry Rhubarb Crisp and Herbed Asparagus Frittata

Equipment:

- 3-quart baking dish (9"x13")
- Knife
- Cutting board
- Zester/Microplane
- Large bowl
- Microwave-safe medium bowl
- Spatula
- Whisk
- 12" cast iron skillet

Shopping list for recipes:

- Oil, salt, and pepper
- 1 cup granulated sugar
- ½ cup packed brown sugar
- 3 tablespoons cornstarch (or 6 tablespoons tapioca flour)
- 1 ¾ cups quick rolled oats
- 1 cup all-purpose flour
- 1 stick butter
- 10 large eggs
- ½ cup whole milk
- Whipped cream or ice cream (optional)
- 2 pounds rhubarb stalks
- 1.5 pounds fresh strawberries
- 1 orange
- 3 cups asparagus
- 2 green onions
- ½ cup fresh herbs (chives, dill, and/or parsley)
- 4 ounces smoked salmon* (optional)
 - *substitute feta or goat cheese if desired

If you have questions or would like recommendations for other substitutions or dietary restrictions, please e-mail quadros.ashley@gmail.com

Strawberry Rhubarb Crisp

Recipe by Dietitian Ashley Quadros

Serves 10

FILLING

2 pounds rhubarb stalks, sliced ½" inch thick
1 cup sugar, divided
1.5 pounds strawberries, leaves removed and quartered
3 tablespoons cornstarch (or 6 tablespoons tapioca flour)
1 orange, zest and juice
¼ teaspoon salt

TOPPING

1 stick butter
3 tablespoons oil (canola, safflower, or avocado)
1 ¾ cups quick rolled oats
1 cup all-purpose flour
½ cup packed brown sugar
¾ teaspoon salt
1 teaspoon cinnamon (optional)
1 teaspoon vanilla extract (optional)
Whipped cream or ice cream for serving (optional)

DIRECTIONS

Preheat oven to 350°. Combine rhubarb with ½ cup sugar in a large bowl. Let stand, stirring occasionally.

Meanwhile, prepare the crisp topping. Melt butter in a medium microwave-oven safe bowl. Stir in oil. Add remaining topping ingredients and mix together. It should be evenly moistened and will clump together.

In a measuring cup, whisk together corn or tapioca starch and orange juice.

Add strawberries, remaining ½ cup sugar, orange zest, salt, and juice/starch mixture to the rhubarb. Mix well. Pour fruit into 9" x 13" (or 3 quart) baking dish. Cover fruit completely with topping. If desired, place baking dish on a baking sheet lined with foil (to catch any fruit spills). Bake for 50-60 minutes until fruit is bubbling and crisp is golden.

Serve warm with whipped cream or ice cream if desired.

Leftovers make a wonderful breakfast with a dollop of plain yogurt!

Herbed Asparagus Frittata

Recipe by Dietitian Ashley Quadros

Serves 6

INGREDIENTS

2 tablespoons olive oil

3 cups asparagus, sliced into 1" pieces

Salt and freshly ground pepper

2 green onions, thinly sliced, white and green parts separated

¼ tsp red pepper flakes, more or less to taste (optional)

10 large eggs

½ cup whole milk

½ cup fresh herbs (any combo of chives, dill, and/or parsley), chopped

4 ounces smoked salmon, torn (optional*)

DIRECTIONS

Preheat oven to 350°.

Heat oil in a 12" cast iron skillet over medium-high heat. Add asparagus, season with salt and pepper, and cook, stirring occasionally, until lightly softened, about 4 minutes. Add white parts of green onion, red pepper flakes if using, salt and pepper. Cook, stirring occasionally, until green onions are slightly softened, about 3 minutes.

Meanwhile, in a bowl, whisk eggs, milk, herbs, and green parts of green onion. Season with salt and pepper. Pour egg-herb mixture over vegetables. Shake pan so egg settles between vegetables. Cook until edges just start to set, about 5 minutes. Sprinkle frittata with salmon (or cheese) if using, and transfer skillet to oven and cook until eggs are just set but still wiggle a bit, about 14 minutes. Remove from oven and let sit a few minutes. Cut into wedges.

*For vegetarians, you can substitute salmon with 4 ounces of chevre goat cheese or feta. Alternately, you can just omit.