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Crustless asparagus egg quiches are easy to make and feature a variety of fresh herbs.

Eggstatic for Spring's Renewal

I'M LUCKY ENOUGH to spend a little time in Florida each winter. The people I meet in the grocery store are on vacation, which loosely translates to throngs crowding the aisles selling chips, crackers, or prepared foods. For the most part, it's the men who are talking to the butcher behind the meat counter. Seemingly, there's no limit to how thick they think a steak should be. There's a great feeling of bonhomie in that section. Everyone seems to be in good humor in all the sections...until reaching the dairy case.

Suddenly we're the "huddled masses" Emma Lazarus depicted. There's a great traffic jam surrounding the egg shelves. Smiles give way to incredulity. "Can you believe the price of these?" But we all reach for a carton because eggs are our culinary lines in the sand. What would a lazy Sunday

morning be without eggs? No pancakes, waffles, or French toast. How about birthdays without cake and ice cream? Both need those beautiful fresh eggs. And my signature lemon meringue pie? No eggs? No way.

While the price of eggs keeps rising, it's no surprise that many of our residents are raising chickens in their backyards. Do you know them? You should. These dedicated neighbors raise free-range chickens with all the attention and love we bestow upon our house pets. And in return, these pampered chickens reward us with the golden orb-ed eggs we all covet and crave.

Normally, I think of eggs in spring dishes. In both literature and cooking, eggs are harbingers of spring's renewal and rebirth. What else screams spring? For me, it's asparagus. So, it's no wonder

that I was eggstatic to try this crustless asparagus quiche. It's delicious and eggsceedingly easy to prepare. U



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KATHY HARRISON is a Barrington Hills resident who teaches the fine art of cooking. For more information, call 847-381-4828.

Crustless Asparagus and Egg Quiche



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INGREDIENTS:

- 3 tablespoons unsalted butter
- $\frac{3}{4}$ pound asparagus, tough ends discarded, cut into $\frac{1}{2}$ inch pieces
- 1 shallot, minced
- 2 scallions, chopped
- 8 large or extra large eggs
- 2 tablespoons chopped chives
- $\frac{1}{3}$ cup half and half or heavy cream
- Kosher salt and freshly ground pepper
- 2 tablespoons chopped parsley
- 2 tablespoons chopped dill
- Zest of 1 lemon
- Finishing quality olive oil and flaky sea salt, for serving

INSTRUCTIONS:

1. Preheat oven to 350 degrees. In a large ovenproof skillet, melt the butter over medium heat. Add the asparagus, shallot, and scallions and saute until tender and lightly browned.
2. In a large bowl, whisk the eggs until well combined, then whisk in the chives and half and half. Season with salt and pepper. Pour the egg mixture over the sauteed vegetables and place the skillet in the oven. Bake until just set, about 15-20 minutes. Remove from oven and cool in the pan for 5 minutes.
3. Meanwhile, while eggs bake, finely chop the parsley and dill. Add the zest of a lemon, if desired, and season with salt and pepper to taste.
4. Top the quiche with the parsley mixture, drizzle with olive oil, and sprinkle with flaky salt. Cut into wedges and serve.