

Boston Lettuce with Yogurt Dressing©

Salad - Ingredients:

2 - 3 heads Boston or Bibb lettuce
1 bunch spring onions, sliced fine

Method:

Put several layers of paper towels in the bottom of a serving bowl. Break lettuce into small pieces and top with onions. Cover with plastic and refrigerate until ready to serve.

Yogurt Dressing - Ingredients:

8 oz. yogurt, unflavored
2 Tbsp. oil
2 Tbsp. balsamic or apple cider vinegar
2 Tbsp. sugar
1 tsp. salt
1/2 tsp. white pepper

Method:

Mix all ingredients in a tall container and refrigerate until serving time.

To Serve:

To serve, remove paper towels from bowl, toss salad and pour dressing over all. Toss again.

Hint: Substitute sour cream for yogurt.

Hint: Sprinkle with butter croutons and grated Parmesan cheese.

Omelet Florentine©

Ingredients:

2 oz.	butter, room temperature
1 med.	onion, sliced
1/2 cup	ham (or any other meat you prefer)
1 - 9 oz. pkg.	Stouffer's™ Creamed Spinach, defrosted
6 med.	eggs or 5 large, room temperature
1 tsp.	lemon pepper
1 tsp.	fajita seasoning (optional)
1/4 tsp.	nutmeg, freshly grated
1/4 tsp.	salt
2/3 cup	grated cheese (cheddar, mozzarella, etc.)
2 med.	tomatoes, sliced

Method:

In a large skillet, melt butter and sauté onions until transparent. Add meat and creamed spinach and heat thoroughly.

In a mixing bowl, combine eggs and seasonings and mix with a whisk. Pour this mixture on top of the meat mixture in the skillet. Push sides in and let the liquid go to the bottom of the skillet for cooking. Cook mixture through this way...**do not scramble**. Put 1/2 cup cheese on top. Fold omelet over and put on an oven-proof dish. Put tomato slices on top and sprinkle with remaining cheese.

Preheat conventional oven to 350°, convection oven to 325°. Put the omelet in the oven for 4 - 5 minutes until the cheese melts.

Hint: Serve with a salad and baguettes.