



United States Department of Agriculture

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# **MyPlate** **KITCHEN**

## **Easter**

# Basic Quiche

Make: 6 servings

## Ingredients:

1 pie crust (baked, 9-inch)  
1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)  
1/2 cup cheese (shredded)  
3 egg (beaten)  
1 cup milk (non-fat)  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder

## Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 375 degrees.
3. Shred the cheese with a grater. Put it in a small bowl for now.
4. Chop the vegetables until you have 1 cup of chopped vegetables.
5. Cook the vegetables until they are cooked, but still crisp.
6. Put the cooked vegetables and shredded cheese into a pie shell.
7. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
8. Pour the egg mix over the cheese and vegetables
9. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
10. Let the quiche cool for 5 minutes before serving.

# Heavenly Deviled Eggs

Make: 6 Servings

## Ingredients:

6 eggs (in shell)  
2 tablespoons light mayonnaise  
1 teaspoon mustard

## Directions:

1. Wash hands with soap and water.
2. Put eggs into a saucepan. Cover with cold water.
3. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
4. Remove from the heat and drain.
5. Crack eggs under cold water and allow to cool. Remove shells.
6. Split eggs in half, lengthwise and remove yolks.
7. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
8. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.

# Parmesan Chive Biscuits

Make: 12 servings

## Ingredients:

2 cups biscuit mix  
2/3 cup milk (2% or fat-free)  
1/4 butter stick (1/4 cup, melted)  
3/4 cup Parmesan cheese (freshly grated)  
1/2 tablespoon chives (finely chopped, fresh)

## Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a large bowl.
3. Stir together to mix well. Do not over mix.
4. Turn out onto a floured board. Roll to a 1-inch thick square.
5. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

# Pear Rabbit

Make: 1 serving

## Ingredients:

3 canned pear halves  
1 tablespoon raisin

## Directions:

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit!

# Pork Loin Roast with Veggies

Make: 6 Servings

## Ingredients:

2 cups onions, cut in wedges (about 1/2 pound or 2 medium )  
2 cups potatoes, diced (about 12 ounces or medium)  
2 cups baby carrots (or 3/4 pound regular carrots, sliced)  
2 tablespoons vegetable oil (divided)  
1 1/4 pounds pork loin  
3 teaspoons brown sugar (1 Tablespoon)  
1/2 teaspoon garlic powder  
1/2 teaspoon pepper  
1/4 teaspoon salt

## Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
4. Lay veggies around the edge of a 9"x13" pan and put in oven.
5. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl.
6. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
7. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
8. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.
9. Remove from oven. Let set for 5 minutes. Slice and serve.

# Spring Vegetable Saute

Make: 4 servings

## Ingredients:

1 teaspoon olive oil  
1/2 cup sweet onion (sliced)  
1 garlic clove (finely chopped)  
3 new potatoes (tiny, quartered)  
3/4 cup carrot (sliced)  
3/4 cup asparagus pieces  
3/4 cup sugar snap peas, or green beans  
1/2 cup radishes (quartered)  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon dill (dried)

## Directions:

1. Wash hands with soap and water.
2. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
4. If the vegetables start to brown, add a Tablespoon or 2 of water.
5. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
6. Serve immediately.

# Sunshine Salad

Make: 5 servings

## Ingredients:

5 cups spinach leaves (packed, washed, and dried well)  
1/2 red onion (sliced thin)  
1/2 red pepper (sliced)  
1 cucumber (whole, sliced)  
2 orange (peeled and chopped into bite-size pieces)  
1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

## Directions:

1. Wash hands with soap and water.
2. Toss all ingredients together in a large bowl. Add dressing and toss again.
3. Serve immediately.