

Myerberg Center – Cooking with Chef Alba
“Easy Picnic Day Cooking”



CROISSANT MINI QUICHES WITH SPINACH

- 4 small croissants
- 5 eggs
- ½ cup milk
- ½ teaspoon onion powder
- ⅛ teaspoon ground nutmeg
- Salt and ground black pepper
- 1 cup grated three-cheese blend (Parmesan, Romano, and Asiago Blend)
- 1 cup torn fresh baby spinach leaves

1. Preheat oven to 375F degrees F. Butter 4 of the 12 large muffins tin with real butter or cooking spray.
2. Flatten croissants out using a rolling pin on a work surface. Press croissant in the muffin cups.
3. Beat eggs, milk, onion powder, nutmeg, salt, and black pepper together in a bowl. Stir in three-cheese blend and spinach. Spoon egg mixture into croissant to about 2/3 full.
4. Bake in the preheated oven until golden and egg are set in the middle, about 20 minutes.

INSALATA DI RISO CON VERDURE E FETA

- 2 cups cooked rice
- 10-12 baby tomatoes, cut in 4
- ½ English cucumber, small dice
- ½ cup cubed feta cheese
- 10-12 pitted black olives, chopped
- Salt and black pepper

Dressing:

- Fresh basil or mint, minced
- Extra virgin olive oil
- Juice ½ lemon
- ½ teaspoon mustard

1. Rice: Cook the rice with salt, drain and cool. When cool, add a drizzle of olive oil and mix well.
2. Veggies: Place the cut tomatoes, cucumbers, and olives in a bowl. Add the Feta and gently mix.
3. Dressing: In a small bowl, add the fresh herb, olive oil, lemon juice, mustard, salt and pepper.
4. Assembly: when the rice has cooled, add the vegetables and mix well. Lastly add the dressing and mix well.

POLPETTINI DI TONNO E RICOTTA

10 ounces good tuna in oil, drained well
½ cup whole ricotta cheese
Basil leaves
2 hard-cooked eggs (yolks only)
½ teaspoon minced capers in brine
Zest of 1 lemon
1 tablespoon grated Parmesan cheese
Extra virgin olive oil
Black pepper

Small baby tomatoes to decorate
Large basil leaves to place Polpettini in

1. **To make mousse:** Transfer the hard-boiled egg yolks, tuna, and drained capers in processor. Add the ricotta, 1 tablespoon of Parmesan cheese, 6 basil leaves, the grated lemon zest, 1-2 tablespoons of extra virgin olive oil, salt and pepper. Blend, in order to obtain a well-homogeneous mousse. Transfer it to a bowl and place it in the refrigerator to cool.
2. **To make meatballs and serve.** With slightly moistened hands form 10-12 balls in the size of walnuts. Place each in large basil leaves. With a thumb press in the center top of the meatballs and insert 1 cherry tomato inside.

BONUS RECIPE: DOLCE DI MELE AL CUCCHIAIO

2 tablespoons unsalted butter
2 apples, peeled and cut in small cubes
2 tablespoons sugar
8 ounces whole plain or Greek yogurt
1-2 tablespoon of honey or maple syrup
Pinch of cinnamon or 1 teaspoon of vanilla
Walnuts

1. In a skillet place the butter and let it melt, then add the apples, sugar and cook for about 10 minutes over medium-high heat, turning often, the apples must not fall apart. When the heat is off, add the cinnamon or vanilla and stir.
2. In a bowl pour yogurt and honey or maple syrup and mix.
3. **Prepare the jars/glasses:** put a tablespoon of apples on the bottom, crumble a few walnuts and pour a little yogurt. Repeat with a second layer in the same way. On the surface garnish with the juice that came out of cooking apples and a whole or crumbled walnut.
4. For the best results, let it rest in the fridge for 2 hours before serving.