

# Lovely spring luncheon menu

When is a quiche not a quiche?  
 Answer: When the custard-like creation is baked without a crust. In today's recipe two kinds of cheese and a package of chopped spinach are combined with beaten eggs to produce a green-flecked, creamy custard. After baking for about 40 minutes, let it stand for 10 minutes before cutting into squares.  
 Serve it with a tossed green salad or a kabob of fresh summer fruits. They make a lovely light lunch on a hot summer day.  
 Another welcome refresher when the weather is hot or humid is that perennial favorite, iced tea. Its clean, fresh taste goes well with all kinds of foods and, happily, because it is so low on the calorie scale, it won't add unwanted pounds no matter how many glasses you consume.

Directions for making perfect amber-clear iced tea with teabags, loose tea, instant tea powder or the flavored and sweetened tea-tea mixes follow:  
**WITH TEABAGS** or loose tea and boiling water: Bring 1 quart of freshly drawn cold water to a full rolling boil in a saucepan. Remove from heat and immediately add 15 teabags or 1/2 measuring cup of loose tea. Stir, cover and let stand 5 minutes. Strain again and strain into a pitcher holding another quart of cold water. Serve over ice. Makes 2 quarts.  
**WITH TEABAGS AND COLD WATER:** Fill a quart pitcher or container with cold tap water. Add 8 to 10 teabags (remove tags). Cover. Let

stand at room temperature or in the refrigerator at least 6 hours or overnight. Remove teabags, squeezing against side of container. Pour into ice-filled glasses. Makes 1 quart. Recipe may be doubled.  
**WITH INSTANT POWDER** or iced-tea mix: Use 2 rounded tablespoons of instant tea powder to each quart of cold tap water. Stir. If using lemon-flavored iced tea, use two small envelopes or 1/2 cup of mix to each quart of cold water.  
**MAIN DISH SPINACH CUSTARD**  
 (Makes 6 to 8 servings)  
 1 cup soft bread crumbs  
 1/2 cup milk  
 6 eggs  
 1 cup cottage cheese

1 tsp. salt  
 1/2 tsp. pepper  
 1/4 tsp. dry mustard  
 1/4 tsp. sage  
 1 (10-oz.) package frozen chopped spinach, thawed  
 8 green onions with tops, thinly sliced  
 1 cup shredded sharp cheddar cheese  
 Combine breadcrumbs and milk. Cover and refrigerate 4 hours or overnight.  
 In large bowl, beat eggs. Then beat cottage cheese, seasonings and bread-crumbs mixture. Drain spinach in a sieve and press to remove all liquid. Add spinach, onions and cheddar cheese to egg mixture. Mix well. Spread evenly in well buttered 7 x 11-inch casserole. Bake in preheated 325-degree oven until set in center, about 40 minutes. Let stand 10 minutes before cutting into squares.

## State's asparagus crop ranks 3rd in country

Ah, the lovely tender green asparagus!  
 Asparagus is one of the good things growing in Michigan, and our farmers harvested 22 million pounds in 1980 from 17,300 acres. The crop, valued at \$11 million, was third largest in the nation, the Michigan Department of Agriculture reports.

A member of the lily family, asparagus is a "kissing cousin" of the feathery asparagus fern, the robust garlic and the graceful gladiolus. Asparagus has been cultivated for more than 2,000 years.  
 When choosing asparagus, look for fresh straight stalks with compact tips.

Store your treasure in the coldest part of the refrigerator, and use as soon as possible. Rinse thoroughly to remove any clinging sand. Then cook briefly to preserve the valuable Vitamin C and other vitamins and minerals contained in asparagus.  
 Asparagus should be cooked crisp-tender, and never overcooked, or the

bright green begins to fade.  
 Cookbooks say one pound will feed two or three people, but for asparagus lovers, it barely suffices for two. It can be served simply, with butter and milk. The milk holds the heat while you're getting the asparagus from stove to table.  
 Hot cooked asparagus spears are also delicious wrapped inside a plain or cheese omelet for breakfast or brunch. You may wish to create an asparagus and meat casserole or combine with cooked spaghetti, cheese and canned soups for an oven dish. Whatever your choice, the season is at hand.

## Traditional mint julep for summer

Kentucky's famed mint julep may be one of the highlights of Derby Day parties, but its popularity remains throughout the warm summer months. Mint juleps are not confined to the first Saturday in May.

Remove from heat and steep mint leaves in the syrup until the flavor is imparted. Fill the julep cup with

crushed ice, pour a jigger of Kentucky bourbon and a jigger of syrup into each cup. Garnish with a sprig of fresh mint.

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Garden mint is clipped closely to the ground in early spring to produce a leafy plant. With fresh mint and lots of crushed ice, julep making is easy. Just make a sugar syrup of one cup sugar to one cup water. Bring to a boil,

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