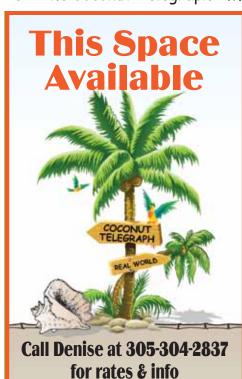
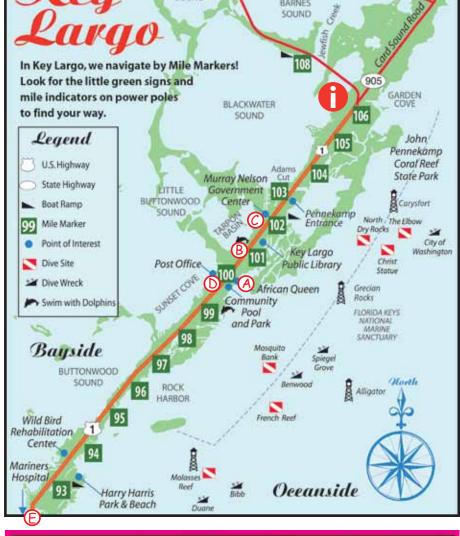
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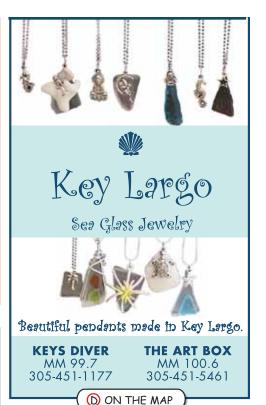














The Mangrove Galley by Sandi Mieszczenski

Sandi's recipes are featured here monthly. For previous issues go to http://www.theconchtelegraph.com.



May is a great month for a brunch especially if you plan it for May 8 th which is Mother's Day. One of my favorite brunches is serving a glazed ham. A tasty glaze can be simply prepared by mixing together Dijon mustard with maple syrup. Serve the ham with this quiche and a fruit salad. There you are, a perfect brunch for mom. Happy Mother's Day to all! Enjoy!

ASPARAGUS AND CHEESE QUICHE

1-9 inch frozen pie crust

2 cups of asparagus cut into 1/2 inch slices

6 large eggs

1/4 cup water

1 small onion finely chopped

1/2 cup Swiss cheese cut into 1/2 inch cubes

1 teaspoon garlic powder

fresh cracked pepper

Defrost the pie crust. Prick the sides and bottom of the crust with a fork. Bake in a 400 degree oven for 10 minutes. Remove. Meanwhile steam the asparagus until slightly soft.

Whisk the eggs in a large bowl. Add the water and whisk again. Add the steamed asparagus, onion, and cheese. Mix in the garlic powder, salt, and pepper. Pour into the pie crust and bake in a 375 degree oven for 1 hour. If the edges of the crust brown too quickly, just cover them with foil.



Mass Mather's Day!



