



SPRING FORAGED QUICHE

Ingredients:

- 12 eggs
- 1/2 cup milk
- 1/2 cup foraged ramp greens
- 1/2 cup foraged nettles
- 1 cup shredded cheese of your choice
- salt and pepper to taste

Notes:

Forage responsibly

Directions:

1. Rinse and chop foraged greens
2. Grease a cast iron pan
3. Crack & scramble eggs in a large bowl, pour in milk
4. Add in your foraged goodies along with s&p
5. Pour into cast iron pan, top with cheese
6. Bake in a preheated oven to 375 F for 35-40 minutes or until done