

**There was no newsletter this week because of computer problems.
These are the recipes that were handed out.**

Roasted Bell Pepper Tart

1 8" tart shell or pie crust
3 bell peppers
2 garlic cloves, minced
2 Tbl Tait Farm basil olive oil
1 cup sharp provolone, shredded
2 eggs
2/3 cup half & half
salt and pepper

~ Cut the peppers in half length-wise and remove seeds. Place peppers on a sheet pan skin side up. Mix the garlic and olive oil together and brush onto the peppers. Roast in a 400°F until lightly charred. Cool and slice.

~ Whisk the eggs and half & half together. Season with salt and pepper. Arrange the peppers in bottom of the tart shell. Sprinkle the cheese followed by the egg mixture over top. Bake in the oven for 20 minutes or until set.

Miso Soup

4 cups water
1/4 pound tofu, pressed and diced 1/4"
3/4 cup kale, cut into thin strips
1/2 onion, cut into thin strips
1/4 cup dark miso
1/4 tsp sesame oil
1/4 tsp soy sauce

~ Bring the water to a boil in a medium sauce pan and add the tofu, kale, and onions. Reduce heat to a simmer and continue to cook for about 5 minutes.

~ Stir in the miso making sure it completely dissolves. Add the sesame oil and soy sauce. Allow to lightly simmer another 2 minutes adjust seasoning to taste.