

## *spring* VEGETABLES with BASIL BUTTER

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*Serves 6 to 8*

*Preparation time: 15 minutes*

*Cooking time: 5 minutes*

Out of season, replace fresh fiddleheads with a 10-oz (300 g) package of frozen fiddleheads, cooked according to package directions.

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|----------------|---------------------------------------|--------------|
| <b>1 lb</b>    | <b>asparagus</b>                      | <b>500 g</b> |
| <b>1/2 lb</b>  | <b>snow peas</b>                      | <b>250 g</b> |
| <b>1/2 lb</b>  | <b>fresh fiddleheads</b>              | <b>250 g</b> |
| <b>1/4 cup</b> | <b>butter</b>                         | <b>50 mL</b> |
| <b>1</b>       | <b>clove garlic,<br/>minced</b>       | <b>1</b>     |
| <b>1/4 cup</b> | <b>finely chopped<br/>fresh basil</b> | <b>50 mL</b> |
| <b>2 Tb</b>    | <b>snipped fresh<br/>chives</b>       | <b>25 mL</b> |
| <b>1 Tb</b>    | <b>lemon juice</b>                    | <b>15 mL</b> |
|                | <b>lemon wedges</b>                   |              |

☛ Trim asparagus; cut into lengths the same size as snow peas. Trim snow peas; clean fiddleheads. ☛ Place vegetables in large shallow steamer over boiling water; steam 4 to 5 minutes or until bright green and tender-crisp. Transfer to heated serving platter; keep warm. ☛ Meanwhile, in small saucepan, combine butter and garlic; heat over medium heat until butter has melted. When butter sizzles, remove from heat; stir in basil, chives and lemon juice. Pour butter mixture over

☛ In large skillet, heat half of oil over medium-high heat. Sprinkle potato slices with salt and pepper. Fry potato slices over medium heat, about 15 minutes, turning occasionally with spatula and adding more oil as necessary, until potatoes are tender and golden brown. Transfer to paper towel-lined plate to drain. (Potatoes can be prepared ahead up to this point. Let cool, then refrigerate, covered, up to 24 hours. Let stand at room temperature 30 minutes before proceeding with recipe.) ☛ Heat 2 Tb (25 mL) oil in skillet. Add onion and garlic; cook over low heat 10 minutes, stirring often, until onion is softened. Add red pepper; cook, stirring, 8 minutes, until onions begin to brown. ☛ Remove skillet from heat. Arrange potato slices on top of onion mixture. ☛ In medium bowl, beat eggs, half of parsley, 1/2 tsp (2 mL) salt and 1/4 tsp (1 mL) pepper. Pour eggs over potatoes. ☛ Return skillet to medium heat; cook 4 to 5 minutes until bottom and sides of omelette are set, shaking skillet to prevent omelette from sticking. Run a knife around edge of skillet to release sides of omelette. ☛ Sprinkle omelette with cheese; place skillet under hot broiler about 2 minutes to finish cooking top. Sprinkle omelette with remaining parsley. Serve straight from skillet, cut into wedges.

*Per serving: 404 calories for 6, 303 for 8; 22 g fat for 6, 17 g for 8; good source of calcium for 6, good source of iron, moderate fibre.*