



Make Healthy Happen One Meal at a Time

Fiddlehead Squares

2 cups cooked fiddleheads (To cook, put raw fiddleheads in boiling water. When it comes to a rolling boil again, cook them for at least 15 minutes.)

½ cup onions

4 eggs

1 cup low fat or nonfat buttermilk

1/3 cup whole wheat flour

Dash hot pepper sauce

2 cups grated cheddar cheese

2 cups grated Monterey Jack cheese

1. Sauté onions in a small amount of olive oil.
2. Mix together cooked fiddle heads and sautéed onions and set aside
3. Blend together eggs, buttermilk, flour and hot pepper sauce. Set aside
4. Mix the 2 cheeses together

Lightly oil a 9" X 13" casserole pan.

Layer as follows:

1/3 of the cheeses (1 1/3 cups)

½ of the fiddleheads (1 cup)

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Pour egg batter over mixture in casserole dish

Bake at 350 degrees until thermometer inserted in center reads 165 degrees (usually takes 30-45 minutes)

For information on properly cleaning and cooking fiddleheads you can go to
:<https://extension.umaine.edu/publications/4198e/>

This makes a nice luncheon meal served with a tossed salad that is full of different colored vegetables.