

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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- March, 2015 -

### EGGS

#### SPRING EGG DROP SOUP

- 1/4 Cup olive oil
- 2 Medium carrots, peeled & chopped
- 4 Small scallions, chopped
- 2 Cloves garlic, minced
- 4 Cup vegetable stock
- 2 1/2 Cup mixed spring vegetables:  
asparagus cut into 1/2" pieces,  
sugar snap peas cut into 1/2"  
pieces, shelled peas, and spinach  
leaves, chopped
- 2 Eggs
- 1 TBL mint leaves, chopped
- 1 TBL chives, chopped
- 1 TSP fresh lemon juice

Heat oil in a large pot over medium heat, add carrots and cook for 2 minutes. Add garlic and scallion, cook 1 minute. Add vegetable stock and bring to a boil. Add chopped spring vegetables and simmer until crisp and tender, about 2-3 minutes.

Meanwhile, beat eggs in a small bowl. Add mint and chives. Reduce heat to low and drizzle in egg mixture. Let stand 1 minute then gently add lemon juice. Add salt to taste.

Recipe by Robin Forte



For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)