



Welcome to Chefs@Home! We are going to introduce you to several local and national chefs. A chef is someone whose job is to cook. Many of these cooks started in the kitchen when they were kids!

Can you try something new?

- You could **try Spring Council's recipe** for Broccoli & Cheddar Omelet Pie.
- Come up with your own recipe.
- Taste broccoli raw** with dip or anything else you can think of!
- Can you **help cook a meal** at home this week? If cooking is new for you, offer to help with one step like stirring or measuring. If you help cook a lot, what's something new you could try?
- Read about how Spring Council spent lots of time at the dining room table and still helps prepare her restaurant for customers. Could you **set the table** for your family to eat together?



Show us what you tried!
Email us a picture to info@TABLEnc.org

FUN FOOD FACTS

Did you know?

- Broccoli was invented by crossing cauliflower seeds and pea seeds!
- The carotenoids in this vegetable (which is what gives it its color!) can prevent cancer, help your eye health, and are good for your heart!
- Broccoli can be eaten raw by itself or with dip or can be cooked to eat on its own or in a dish like this one. You can eat the stalk too, not just the "florets" at top. Either way, be sure to wash broccoli first before you eat it!



Broccoli & Cheddar Omelet Pie

1 1/2 cups chopped broccoli
8 eggs
1/4 cup milk
1/2 cup grated cheddar cheese

Preheat oven to 375°

Chop broccoli into bite-sized pieces.

In a large bowl, beat together the eggs and milk. Add the cheddar cheese, broccoli, parsley, and bread crumbs, stir to combine. Pour mixture into the pie shell and bake for 20-25 minutes or until puffy in the center.

Serves 6 to 8.

2 tablespoons chopped Italian parsley
1/2 cup soft bread crumbs
1 unbaked pie shell



Spring Council

Owner, Mama Dip's Kitchen



- As a kid growing up, the dining table in our kitchen was the center of activity in our home. It was where we did our homework, played board games, ate delicious meals, and where I learned to cook while watching mama prepared the meals to feed her eight children.
- My favorite childhood memory around the table is dessert preparation time, especially when mama baked cakes for the holidays and our birthday parties. We enjoyed helping her with mixing the batter and frosting for the cakes.
- My favorite thing about food is seeing my family and friends enjoying the tasteful meals I prepare.
- My favorite food is eggs. Prepared; scrambled, fried, boiled, baked, and into omelets make a delicious breakfast; eggs aid in blending ingredients in cookies, cake batters, and custards (at Mama Dip's Kitchen we cook custard for our banana pudding recipe).
- A typical day at Mama Dip's kitchen: Preparing food for service before the restaurant opens, next day food preparation planning, and getting ready at the front of the house (dining room) to service customers.
- The best advice I have for an aspiring chef: It a great job to show your creativity; do not become discouraged by the hard work.
- A general fun fact about me: I love to dance.



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