



Pre-School Newsletter 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Library Visit Room 126 	2 Creative Movement 	3 Library Visit Room 123  <small>© Can Stock Photo</small>	4
5 	6 Paris is joining Room 126 	7	8	9 Music 	10	11
12 	13	14	15 Library Visit Room 126 	16 Creative Movement Happy 3 rd Birthday to Julianna 	17 Library Visit Room 123 	18
19	20  HARMONY IS CLOSED	21	22  Every Wednesday for both rooms	23 Music 	24	25
26 Happy 4 th Birthday to Savannah 	27	28	29 Library Visit Room 126 Happy 4 th Birthday to Ali 	30 Creative Movement 	31 Library visit Room 123 Happy 4 th Birthday to Samuel 	

Mother's Day Brunch- Egg White Frittata with Lox and Arugula

Ingredients

- 8 egg whites, at room temperature
- 1/2 cup whipping cream
- 6 ounces lox, chopped into 1/2-inch pieces
- 1 lemon, zested
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 2 packed cups (2 ounces) arugula
- 1 clove garlic, minced



Directions

Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F.

In a medium bowl, whisk the egg whites until fluffy, about 30 seconds. Add the cream, lox, lemon zest, salt, and pepper.

In a 10-inch, ovenproof, nonstick skillet, heat the oil over medium heat. Add the arugula and garlic. Cook, stirring frequently, until the arugula has wilted, about 1 minute. Pour the egg mixture into the pan and stir to combine the ingredients. Cook, without stirring for 4 minutes. Transfer the skillet to the oven and bake until set, about 10 to 12 minutes.

Slide the frittata onto a platter. Using a serrated knife, cut the frittata into wedges and serve warm or at room temperature.

MOTHER



- o "M" is for the million things she gave me,
- o "O" specifies only that she's growing old,
- o "T" is for the tears she ...shed to save me,
- o "H" is for her heart of purest gold;
- o "E" is for her eyes, with long-lasting love,
- o "R" means right, and right she'll always be,