

Vegetable Quiche on The Go

Serves 6

10 oz Package frozen chopped spinach

3 large eggs

2 Tbsp. virgin coconut oil (vegetable oil is ok)

¾ cup grated Swiss cheese(or reduced-fat)

¼ cup diced onions

½ cup half-and-half (or low fat sour cream)

¼ cup chopped bell pepper

salt and pepper, to taste

1. Preheat oven to 350 F. cook spinach according to package directions; drain excess liquid.
2. Line a 12-cup muffin pan with foil baking cups. Brush each with oil, using a total of 1Tbsp.
3. In a skillet, sauté onions and pepper in remaining 1 Tbsp. oil over medium-low heat for about 5 minutes, or until tender.
4. Whisk the eggs in a medium-size bowl; add the cheese and half-and-half, then mix until combined. Add the spinach, onion and pepper mixture, and salt and pepper to taste. Stir until well combined.
5. Divide the mixture evenly among the muffin cups; bake for 20 minutes, or until knife inserted in the center comes out clean.

I find this great for a quick and light breakfast. Also good enough to throw in the diaper bag for that easy to reach for snack for yourself or child!

C'Est La Vie!

By Patty Wiggin

An unusual name for a Christian Women's Conference, held at Cathedral of Faith, Saturday, May 12, 2007: This is the Life! (my literal translation). But C'Est La Vie was a day where several churches joined together to carry out a vision: to bring women together for encouragement, fellowship, and, more importantly, for support. There were four speakers who graced the stage with talks on Depression, Domestic Violence, Beauty from Ashes, and EVC's own Sherry Hadley shared about the Lose It for Life Bible Study/weight management program with her talk entitled "Offering Our Body as a Living Sacrifice." At the end of the program there was a question and answer panel discussion which included Pam Wood and two other women.

I think any woman would be hard-pressed not to get something out of that day at Cathedral of Faith. All the topics were interesting and enlightening. Some of the women were speaking from a place of restoration; through God's hand and covering, they were able to either overcome pain and suffering or they could directly point to a practical route someone might take toward recovery and deliverance. Some women talked about their deep or heavy suffering that was now featherweight because of the Holy Spirit's work in their hearts to uncover and heal past hurts. One woman was a practicing therapist who not only described depression and its causes but presented scriptures as prayers for people caught in the many faces that depression can take. There was interactive participation between fellow attendees, and a brief time for intimate sharing about our own hurts and fears. The conference was just so nice. There was something for everyone.

This is the Life! had a great setting, great food and a great spirit of friendliness and love. I was encouraged because everyone there who might be struggling (because we all struggle) saw real women with real problems glorify God and testify about being set free. Or, if someone needed help to act on a problem and seek support, they got Godly advice. I look forward to the next installment of C'Est La Vie! to see how God will multiply next time what was started this time.