

Savory Oats with a Fried Egg

Servings: 1



Ingredients:

1/4 cup dry quick-cooking steel cut oats (*or 1/2 cup cooked steel cut oats or rolled oats*)
3/4 cup water
Pinch of salt
Pinch of pepper
2 teaspoons extra virgin olive oil, divided
1/4 cup red pepper, diced
1/4 cup zucchini, diced
2 tablespoons onion, diced
1/4 cup kale, chopped
1 large egg
Optional: Trader Joe's Everything Bagel spice

Directions:

1. Bring water to boil. Add steel cut oats, reduce heat to low and simmer for about 3 minutes, until all liquid is absorbed. Turn off heat and stir in salt and pepper.
2. Heat a nonstick pan or skillet over medium-high heat, add 1 teaspoon oil. Add vegetables and cook for 2 to 3 minutes, until they soften. Spoon vegetables over cooked oats.
3. Add remaining 1 teaspoon of oil and fry egg. Cook until the whites are no longer translucent and serve over oatmeal.
4. Top with everything bagel spice.

Notes:

Mix and match! Use whatever veggies you like.

Lentil Bolognese

Servings: 4



Ingredients:

2 tablespoons extra virgin olive oil
2 carrots, peeled and diced
1 onion, diced
1 celery stalk, diced
½ teaspoon salt
1 cup lentils, rinsed
1 14.5-ounce can diced tomatoes
4 cups vegetable broth
1/8 teaspoon black pepper
2 tablespoons plain Greek yogurt
1 tablespoon balsamic vinegar
1 tablespoon extra virgin olive oil
3 zucchini, spiralized (or 4 cups zucchini noodles)

Directions:

1. Heat pot/deep pan over medium heat and add oil. Add carrots, onion, celery, and salt and saute until translucent or slightly golden, ~8-10 minutes.
2. Add lentils, tomatoes, and broth and bring to a boil. Lower to a simmer and leave until lentils are cooked through, ~25-30 minutes. Mix in pepper, yogurt, and vinegar and continue to simmer.
3. Heat large skillet over medium-high heat and add 1 tablespoon oil. Add zucchini noodles and saute approximately 5 minutes.
4. Divide zucchini noodles into 4 bowls and spoon lentil Bolognese on top.

Confetti Chicken Burgers

Servings: 4



Ingredients:

- 1 medium red bell pepper, finely chopped
- 1 red onion, finely chopped
- 2 cups spinach, finely chopped
- 1 pound ground chicken breast
- ½ cup feta cheese, crumbled
- ½ cup bread crumbs
- 1 egg
- ½ teaspoon salt
- ⅛ teaspoon pepper

Directions:

1. Place all ingredients into bowl and mix together well.
2. Heat up a grill pan and spray with olive oil. Split mixture into 4 patties, grill 4-5 minutes on medium heat, flip and cook 4-5 minutes on other side. To ensure cooking, can add an ounce of water and cover pan after flipping.

Pistachio Pesto

Servings: 2

Ingredients:

1 cup mint
½ cup basil
1/3 cup shelled pistachios
1 clove garlic
¼ teaspoon salt
Juice of 1/2 lime
1/3 cup extra virgin olive oil



Directions:

1. Put the mint, pistachios, garlic, salt, and lime juice into a food processor. Process until coarsely ground.
2. In a steady stream, add the oil.
3. Recommended to serve with vegetables, poultry, or fish. (or anything you like!)