

# Brown Rice Congee, Egg, Roasted Shiitake Mushrooms **FIT**

Portion Size: 12 fl oz    Yield: 6 servings



Scallions	1 cup	Shiitake Mushrooms, sliced	1/2 cup
Canola Oil	3 tbsp	Sesame Oil	2 tsp
Shallots, chopped	1/2 cup	Canola Oil	2 tsp
Ginger, minced	1/3 cup	Water	2 cups
Garlic, minced	1/3 cup	Eggs, beaten	3 each
Brown Rice, dry	2 cup	Soy Sauce	2 tbsp
Vegetable Broth	8 cups		

1. Trim green onions and thinly slice keeping white part separate. Save green part for garnish.
2. Heat oil in a pot, sauté shallots until caramelized.
3. Stir in garlic, ginger and white part of green onion. Cook until fragrant.
4. Stir in brown rice. Stir to coat with oil and toast. Add vegetable broth to pot. Simmer rice until it breaks down and is very tender, about 45 minutes.
5. Toss shiitake mushrooms with sesame and canola oils. Roast in a 375°F oven until golden brown, about 10-15 minutes.
6. Once rice is broken down, and tender, stir in water. Bring back up to a simmer.
7. While stirring, drizzle eggs into rice to feather eggs. Continue cooking for 1 minute.
8. Stir in soy sauce, roasted shiitake mushrooms, and reserved green onion.

Nutrition Info: Cal: 400, Total Fat: 14g, Sat Fat: 2g, Sodium: 400mg, Carbs: 60g, Protein: 10g, Sugar: 4g, Fiber: 4g

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# Kale, Caramelized Onion, Goat Cheese Breakfast Barley **FIT**

Portion Size: 12 fl oz    Yield: 6 servings



Canola Oil	2 tbsp
Yellow Onions, julienne sliced	1 ½ cup
Kale, chopped	2 cups
Water	10 cups
Barley, dry	2 cups
Goat Cheese	2/3 cup
Salt	1 tsp
Black Pepper	1/4 tsp

1. Heat oil in a pot. Cook onions until caramelized.
2. Stir in kale and cook just until wilted. Set aside.
3. Bring water up to a boil. Stir in barley and reduce to a simmer. Cook until barley is very tender.
4. Once barley is cooked, stir in reserved onion/kale mixture, goat cheese, salt and pepper. Continue cooking until heated through.

Nutrition Info: Cal: 360, Total Fat: 10g, Sat Fat: 4g, Sodium: 450mg, Carbs: 56g, Protein: 12g, Sugar: 2g, Fiber: 11g

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