

# QUINOA AND KALE WITH FRIED EGG

Serves: 4

Portion: 1 egg, 1 cup sauté

Sautéed quinoa and kale topped with fried egg



CALORIES (kcal): 270  
 PROTEIN (g): 12  
 CARBOHYDRATE (g): 28  
 TOTAL FAT (g): 13  
 SODIUM (mg): 370  
 SAT FAT (g): 2.5  
 DIETARY FIBER (g): 4

## INGREDIENTS:

|        |                         |         |                     |
|--------|-------------------------|---------|---------------------|
| 2 cup  | Red Quinoa              | 4 ea    | Egg                 |
| 4 Cups | Chopped Kale            | 3 tsp   | Olive Oil           |
| ¼ Cup  | Juliened Red Onions     | 1/2 tsp | Kosher Salt         |
| 2 tsp  | Chopped Garlic          | 1/2 tsp | Ground Black Pepper |
| ½ Cup  | Cherry Tomatoes, Halved |         |                     |

## METHOD:

Place quinoa in a pot with water and bring to a boil; lower heat to simmer and cook until tender and outer ring is visible, about 15 - 20 minutes. Set aside. Next, heat 2 tsp of oil in a hot skillet and add juliened red onions and garlic and cook until onions are translucent. Add kale, tomatoes, salt and freshly ground pepper. Finally, fry the egg with the remaining oil and place on top of quinoa and kale sauté.

# SHAKSHUKA WITH WHITE BEANS

Serves: 4

Portion: 1 egg, 1 cup stew

An Israeli style poached egg with a spicy tomato stew and cannellini beans



CALORIES (kcal): 270  
 PROTEIN (g): 16  
 CARBOHYDRATE (g): 35  
 TOTAL FAT (g): 9  
 SODIUM (mg): 330  
 SAT FAT (g): 2  
 DIETARY FIBER (g): 11

## INGREDIENTS:

|        |                          |             |                          |
|--------|--------------------------|-------------|--------------------------|
| 12 oz  | Cannellini Beans, Canned | 1 tsp       | Ground Cumin             |
| 2 tbsp | Oil, Olive               | 1 tsp       | Ground Paprika           |
| 4 oz   | Chopped Yellow Onions    | 1/8 tsp     | Cayenne Pepper           |
| 1 tsp  | Chopped Garlic           | 1 lb, 10 oz | Diced Tomatoes in Juice  |
| 1 ea   | Diced Green Peppers      | 2 tbsp      | Cilantro, Fresh, Chopped |
| 2 tbsp | Tomato Paste             | 4 ea        | Egg, Fresh               |
| 1 tsp  | Chili Powder             |             |                          |

## METHOD:

In a deep skillet or sauté pan with a metal handle, add the oil and sauté the onions and peppers together over medium high heat. Add the garlic and sauté for 2-3 minutes. Add the tomato paste and stir thoroughly. Allow the paste to caramelize slightly. Add the diced tomatoes, white beans and spices. Reduce the heat to medium low and allow mixture to simmer. Meanwhile, crack the eggs one at a time into the tomato mixture. Be sure to allow space in between each egg. Cover the pan and place into a 350F oven for 10-15 minutes, or until the eggs are cooked through. Garnish with cilantro.

# SHAKSHUKA WITH ROASTED BRUSSELS SPROUTS

Serves: 4

Portion: 1 egg, 1 cup stew

An Israeli style poached egg with a spicy tomato stew and brussels sprouts



## INGREDIENTS:

|        |                        |             |                          |
|--------|------------------------|-------------|--------------------------|
| 1 Cup  | Brussels Sprouts       | 1 tsp       | Chili Powder             |
| Pinch  | Kosher Salt            | 1 tsp       | Ground Cumin             |
| Pinch  | Black Pepper           | 1 tsp       | Ground Paprika           |
| 2 tbsp | Oil, Olive             | 1/8 tsp     | Cayenne Pepper           |
| 4 oz   | Chopped Yellow Onions, | 1 lb, 10 oz | Diced Tomatoes in Juice  |
| 1 tsp  | Chopped Garlic         | 2 tbsp      | Cilantro, Fresh, Chopped |
| 1 ea   | Diced Green Peppers    | 4 ea        | Egg, Fresh               |
| 2 tbsp | Tomato Paste           |             |                          |

## METHOD:

Cut Brussels sprouts. Slice lengthwise into strips and cook in boiling water for 3 minutes. Drain well. Toss with 1 tablespoon of olive oil, season and sear on a hot skillet until browned. Set aside. Next, in a deep skillet or sauté pan with a metal handle, add the remaining oil and sauté the onions and peppers together over medium high heat. Add the garlic and sauté for 2-3 minutes. Add the tomato paste and stir thoroughly. Allow the paste to caramelize slightly. Add the diced tomatoes and spices. Reduce the heat to medium low and allow mixture to simmer. Meanwhile, crack the eggs one at a time into the tomato mixture. Be sure to allow space in between each egg. Cover the pan and place into a 350F oven for 10-15 minutes, or until the eggs are cooked through. Garnish with cilantro and spread Brussels sprouts evenly over the top of the dish.

**CALORIES (kcal):** 180  
**PROTEIN (g):** 9  
**CARBOHYDRATE (g):** 17  
**TOTAL FAT (g):** 10  
**SODIUM (mg):** 190  
**SAT FAT (g):** 2  
**DIETARY FIBER (g):** 7

# SRIRACHA DEVILED EGGS WITH SMOKEY CAULIFLOWER

Serves: 4 Portion: 1 each

Deviled eggs and smokey cauliflower



## INGREDIENTS:

|                    |                    |         |                              |
|--------------------|--------------------|---------|------------------------------|
| 1/4 ea (1/4 pound) | Cauliflower        | 1/2 tsp | Dijon Mustard                |
| 2 tsp              | Chopped Garlic     | 1/4 tsp | White Wine Vinegar           |
| 1 tsp              | Smoked Paprika     | 1/4 tsp | Minced Shallots              |
| 2 tsp              | Olive Oil          | 2 tsp   | Water                        |
| 4 ea               | Eggs               | 2 tsp   | Cilantro, Fresh, Chopped     |
| 2 tsp              | Sriracha Just Mayo | 1/8 tsp | Smoked Paprika (for garnish) |

## METHOD:

Add the eggs to a boiling pot of water. Boil for 8-10 minutes. Remove from heat, drain and run under cold water. Cool the eggs completely and then remove the shell. Cut eggs lengthwise, removing yolks and reserving in medium bowl. Place the egg white halves on a tray. Mash the yolks until crumbles start to smooth out in bowl. Add Just Mayo Sriracha, mustard, vinegar, shallots and water to yolks. Fold repeatedly until creamy and smooth in texture. Using a spoon, fill the eggs with the prepared egg yolk mixture. Cover and place in fridge. Next, shave the cauliflower head thinly with a knife, using the florets and the stalk. In a bowl, toss the cauliflower, garlic, smoked paprika and oil together. Coat well. Place on a baking sheet and roast in a 350F oven for 15 minutes or until the cauliflower is tender and starting to caramelize. Let cool and then divide evenly over top of the deviled eggs. Garnish each egg with cilantro, 1/2 Tbsp. smoky cauliflower and paprika prior to service.

**CALORIES (kcal):** 110  
**PROTEIN (g):** 6  
**CARBOHYDRATE (g):** 2  
**TOTAL FAT (g):** 9  
**SODIUM (mg):** 90  
**SAT FAT (g):** 2  
**DIETARY FIBER (g):** <1