

Green Goddess English Muffin Sandwich



Makes: 1 serving

Total time: 10 minutes

Ingredients

1 English Muffin

1/3 ripe avocado

1 small handful of baby spinach

6 cucumber slices

1 tablespoon sprouts

Instructions

Split each muffin in half and toast. Top with avocado, spinach, cucumber and sprouts top with other half of muffin.

<https://thomasbreads.com/recipes/green-goddess-english-muffin-sandwich>

Salmon and Asparagus



Makes 4 servings

Total time: 30 minutes

Ingredients

4 (6 oz) skinless salmon fillets

1 lb asparagus, tough ends trimmed

2 1/2 Tbsp olive oil

2 cloves garlic, minced

Salt and freshly ground black pepper

1 lemon thinly sliced

Fresh dill sprigs, or chopped fresh thyme, rosemary or parsley

Instructions

Preheat oven to 400 degrees. Cut four sheets of parchment paper about 14-inch long. Divide asparagus into 4 equal portions (about 8 spears per sheet packet) and layer in center of each length of parchment paper. In a small bowl stir together oil with garlic. Drizzle 1 tsp of oil over portion of asparagus then sprinkle with salt and pepper. Rinse salmon and allow excess water to run off, then season bottom of each fillet with salt and pepper. Layer fillets over asparagus. Drizzle top of each salmon fillet with 1 tsp of the olive oil mixture and season top with salt and pepper to taste. Top each with about 2 sprigs dill and 2 lemon slices (if using fresh thyme or rosemary use about 3/4 tsp per each if using parsley use 1 1/2 tsp). Wrap sides of paper inward over salmon then fold in top and bottom of paper to enclose. Place pouches in a single layer on a baking sheet. Bake in preheated oven until salmon is cooked through, about 20 minutes. Unwrap and serve warm.

By: <https://www.cookingclassy.com/salmon-and-asparagus-in-foil/>

Roasted Butternut Squash, Quinoa, and Arugula Salad



Makes 4 servings

Total time: 15 minutes

Ingredients

2 cups 1/4" cubed butternut Squash

2 teaspoon olive oil

1/4 teaspoon black pepper

1/4 teaspoon sea salt

1 tablespoon honey

1/4 cup diced scallions

1 cup cooked quinoa

1/4 cup pecan pieces

2-3 cups arugula

1/3 cup crumbled feta

Instructions

Preheat oven to 425°. Toss butternut squash with olive oil, black pepper, and sea salt. Spread into a single layer in a roasting pan or on a baking tray. Bake until butternut squash is tender and lightly browning, 30-35 minutes. Remove from oven and toss butternut squash with honey and scallions until well coated. Add in quinoa and pecans and stir. In a large bowl, combine arugula with butternut squash mixture and feta. Drizzle with olive oil and toss everything together.

By: <https://naturallyella.com/roasted-butternut-squash-quinoa-and-arugula-salad/print/33346/>

Popovers



Makes 6 servings

Total time 40 minutes

Ingredients

1 cup almond milk

1 cup almond flour

4 tsp salt

4 egg whites

Instructions

Heat the oven to 425 F. Generously coat 6 large metal or glass muffin molds with cooking spray. Heat the muffin molds in the oven for 2 minutes. In a large bowl, add the milk, flour, salt and egg whites. Using an electric mixer, beat until smooth. Fill the heated muffin molds 2/3 full. Bake in the top part of the oven until golden brown and puffy, about 30 minutes. Serve immediately.

<https://www.mayoclinic.org/healthy-lifestyle/recipes/popovers/rcp-20049807> edited by Rita Sartin

Creamy Zucchini Pesto with Noodles



Makes 2 servings

Total time: 15 minutes

Ingredients

For Noodles:

2 zucchini or pack of zucchini noodles

For Pesto:

2 small zucchini or one large

2 cups fresh basil

2 cloves garlic

2 tablespoons tahini

1/2 teaspoon Himalayan salt, or to taste

Instructions

Noodles: Use a spiralizer to create the 'noodle' effect, or you can julienne them. Both ways are great but I do highly recommend the spiralizer if you intend on making raw 'noodles' often.

Pesto: Cut zucchini into 1-inch chunks. Steam chunks over boiling water for about 3 minutes, or until just tender when pierced with a sharp knife. I kept mine a little stiff, I wanted this to be as raw as possible.

Place all ingredients in food processor/blender and process until finely chopped.

Serve: Mix your 'noodles' with the pesto and serve with halved cherry tomatoes and a sprinkle of your favorite cheese if desired.

By: <https://simple-veganista.com/creamy-zucchini-pesto-w-noodles/>

Garlic-Parmesan Wings



Makes 4 to 6 servings

Total Time: 1.15 hours

Ingredients

- 1 1/2 teaspoons kosher salt
- 1 teaspoon garlic powder
- 1/2 teaspoon freshly ground black pepper
- 2 pounds chicken wings
- 1 ounce Parmesan cheese, finely grated (about 1/4 cup), plus more for serving
- 2 tablespoons fresh parsley leaves
- 3 cloves garlic
- 4 tablespoons unsalted butter

Instructions

Arrange a rack in the middle of the oven and heat the oven to 400°F. Line a rimmed baking sheet with aluminum foil and fit a wire rack inside. Place 1 1/2 teaspoons kosher salt, 1 teaspoon garlic powder, and 1/2 teaspoon black pepper in a small bowl and stir to combine. If needed, prepare 2 pounds chicken wings: use a chef's knife or kitchen shears to cut through the first joint of each wing to remove the wing tip. (Discard or freeze for stock.) Cut through the second joint to separate the wing into the forearm (flat) and upper arm (drumette) sections. Pat the wings dry with paper towels. Place on the rack in a single layer and sprinkle the tops with the salt mixture. Roast until the wings are cooked through and the skin is crispy, 45 to 50 minutes. Meanwhile, prepare the following, placing them all in the same large bowl: finely grate 1 ounce Parmesan cheese (about 1/4 cup), finely chop 2 tablespoons fresh parsley leaves, and mince 3 garlic cloves. A few minutes before the wings are done, melt 4 tablespoons unsalted butter. Set aside to cool slightly, then stir the butter into the Parmesan mixture. Add the wings with to the Parmesan mixture and toss until well-coated. Transfer the wings to a large plate or platter and top with more grated Parmesan, if desired.

<https://www.thekitchn.com/garlic-parmesan-wings-22988278>

Probiotic Breakfast Bowl



Makes 4 servings

Total Time: 30 minutes

Ingredients

1 cup quinoa

1 3/4 cups water

Kosher salt

1 medium avocado

2 medium scallions

2 tablespoons olive oil, divided

4 packed cups baby spinach (about 4 ounces)

4 large eggs

1 cup fermented red cabbage or beet kraut, such as Hawthorne Valley, Ozuké, or Atlantic Sea Farms

1 cup plain Greek yogurt

4 teaspoons hemp seeds

Instructions

Rinse 1 cup quinoa, then place in a medium saucepan. Add 1 3/4 cups water and a generous pinch of kosher salt, and bring to a boil. Reduce the heat to a simmer and cook uncovered until the quinoa is tender, 10 to 12 minutes. Remove from the heat, cover, and let steam for 5 minutes. Meanwhile, thinly slice 1 avocado and 2 medium scallions. Heat 1 1/2 teaspoons of the olive oil in a large nonstick skillet over medium heat until shimmering. Add 4 packed cups baby spinach, and cook, tossing frequently, until wilted, 1 to 2 minutes. Divide the spinach between 4 bowls and wipe the pan clean. Heat the remaining 1 1/2 tablespoons olive oil in the skillet over medium heat until shimmering. Add 4 large eggs and season each with a pinch of salt. Cook until the edges are crisp and the whites are set, about 2 minutes. Divide the quinoa between the bowls and top with each with a fried egg. Divide 1 cup purple kraut, the avocado slices and scallions, 1 cup Greek yogurt, and 4 teaspoons hemp seeds among the bowls.

<https://www.thekitchn.com/probiotic-breakfast-bowls-22971272>

Buttermilk-Poached Salmon



Makes 4 servings

Total Time: 45 minutes

Ingredients

- 1 medium shallot
- 2 cloves garlic
- 1 medium lemon
- 1 (1-pound) skinless salmon fillet, pin bones removed
- 1 teaspoon kosher salt
- 2 cups low -fat buttermilk
- 1 cup low-sodium vegetable broth
- 5 sprigs fresh thyme
- 2 bay leaves
- 1 teaspoon Dijon mustard

Instructions

Peel and halve 1 medium shallot lengthwise. Lightly smash 2 garlic cloves. Cut 1 medium lemon into 1/4-inch thick slices and remove any seeds. Season both sides of a 1-pound skinless salmon fillet with 1 teaspoon kosher salt. Place the salmon in a large straight-sided skillet or medium pot and cover with 2 cups low-fat buttermilk and 1 cup low-sodium vegetable stock. (It's OK if the salmon is not fully submerged.) Add the shallot, garlic, lemon slices, 5 sprigs fresh thyme, and 2 bay leaves. Bring to a simmer over medium heat, then reduce the heat to low so the poaching liquid is barely simmering. You'll see some white scummy foam collecting on the surface and the liquid will curdle. Cover and cook until the salmon is pale pink, opaque, and firm when pressed, 11 to 12 minutes. Remove the pan from the heat and let sit covered for 5 minutes. Use a slotted spoon to transfer the salmon onto a serving plate. Remove the shallot, garlic, lemon slices, bay leaves, and thyme, and reserve for garnishing if desired. Add 1 teaspoon Dijon mustard to the poaching liquid and place the pot back onto the heat. Bring to a simmer over medium heat and cook until the poaching liquid is milky and reduced by half, 9 to 11 minutes. Strain through a fine-mesh strainer into a large bowl. Serve the sauce spooned over the salmon. Garnish with the reserved aromatics if desired.

<https://www.thekitchn.com/poached-salmon-22972224> edited by Rita Sartin

Chicken Soup with Fennel and Farro



Makes 4 to 6 servings

Total Time: 45 minutes

Ingredients

Bones from one whole roasted chicken (or 5 to 6 cups chicken stock)

2 large fennel stalks, chopped

1 large carrot, chopped

1 medium onion, chopped

2 cloves garlic, minced

2 tablespoons olive oil

Few sprigs of fresh thyme and/or sage, gathered with kitchen twine in a bouquet garni

2 bay leaves

1 cup cooked farro (or 1/2 cup uncooked)

1 cup cooked chicken

Salt and pepper to taste

About 2 tablespoons reserved fennel fronds

Instructions

Place the chicken bones in a large pot and fill with enough cold water to just cover. Bring to a boil then reduce to a simmer. Let cook, uncovered, for 45 minutes to 1 hour, skimming the scum that rises to the surface. Strain out the solids and discard. You should have 5 to 6 cups of chicken stock. In a medium-large pot or Dutch oven, cook the fennel, carrots, onions, and garlic in the olive oil. Season with a sprinkle of salt and pepper, and cook on medium-low heat for about 8 minutes, or until softened. Add the bouquet garni of fresh herbs, the bay leaves, the cooked (or uncooked) farro, the cooked chicken, and all the reserved chicken stock. Bring to a boil, then reduce to a simmer. Cook uncovered for 30 minutes (or until the farro is tender, if using uncooked farro). Season with salt and pepper to taste. Remove the bouquet garni and bay leaves before serving. Garnish each bowl with fennel fronds.

<https://www.thekitchn.com/recipe-chicken-soup-with-fennel-and-farro-recipes-from-the-kitchn-217117>

Blueberry Pie Smoothie



Makes 2 servings

Total Time: 15 minutes

Ingredients

- 1 (14-ounce) can light coconut milk
- 1 cup frozen blueberries
- 1 banana
- 1/4 cup rolled oats (gluten-free, if necessary)
- 1/4 cup pecans, chopped
- 2 tablespoons pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons shredded coconut

Instructions

Place all ingredients except the shredded coconut into a high-speed blender and whirl away until smooth. Garnish each smoothie with shredded coconut.

<https://www.thekitchn.com/recipe-blueberry-pie-smoothie-recipes-from-the-kitchn-201443>

Collard Green Slaw



Makes 6 to 8 servings

Total Time: 30 minutes

INGREDIENTS

For the slaw:

1 bunch collard greens, rinsed and thinly sliced into 2-inch-long pieces
2 medium carrots, peeled and julienned
1 ripe red apple, cored and julienned
1/2 bunch flat-leaf Italian parsley, finely chopped
1/2 cup pomegranate seeds, plus more to top
1/2 small head red cabbage, finely shredded
3 green onions, thinly sliced
1/3 cup toasted sesame seeds
Kosher salt and black pepper, to season

For the dressing:

1/4 cup tahini
1 heaping teaspoon Dijon mustard
1/4 cup apple cider vinegar
1 teaspoon honey
Generous pinch of kosher salt

INSTRUCTIONS

Combine all of the slaw ingredients into a very large salad bowl. To make the dressing, whisk together the tahini, mustard, vinegar, honey, and salt until smooth and creamy. If the dressing seems clumpy or too thick to coat the greens well, add a little water, 1 teaspoon at a time. Toss the salad with the dressing. Sprinkle extra pomegranate seeds on top and serve. When dressed, salad is best served the day it is made.

https://www.thekitchn.com/_/print

Slow Cooker Recipe: Curried Vegetable and Chickpea Stew



Makes 8 to 10 servings

Total Time: 5 hours

INGREDIENTS

1 teaspoon olive oil
1 large onion, diced
1 tablespoon kosher salt, divided
2 medium red or yellow potatoes, diced
1 tablespoon curry powder
1 tablespoon packed brown sugar
1 tablespoon peeled and grated fresh ginger
3 cloves garlic, minced
1/8 teaspoon cayenne pepper (optional)
2 cups low-sodium vegetable broth, divided
2 (15-ounce) cans chickpeas, drained and rinsed
1 medium green bell pepper, diced
1 medium red bell pepper, diced
1 medium head cauliflower, cut into bite-sized florets
1 (28-ounce) can diced tomatoes with their juices
1/4 teaspoon freshly ground black pepper
1 (10-ounce) bag baby spinach
1 cup coconut milk

INSTRUCTIONS

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent, about 5 minutes. Add the potatoes and 1 teaspoon of the salt, and sauté until just translucent around the edges. Stir in the curry, brown sugar, ginger, garlic, and cayenne if using and cook until fragrant, about 30 seconds. Pour in 1/4 cup of the broth and scrape up any browned bits from the bottom of the pan. Transfer this onion-potato mixture into the bowl of a 6-quart or larger slow cooker. Add the remaining 1 3/4 cups broth, chickpeas, bell peppers, cauliflower, tomatoes with their juices, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as needed. Cover and cook on the HIGH setting for 4 hours. Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over couscous, Israeli couscous, or orzo pasta.

<https://www.thekitchn.com/slow-cooker-recipe-curried-vegetable-and-chickpea-stew-67520#post-recipe-8676>

Orange and Elderflower Spritzer



Makes 1 serving

Total Time: 7 minutes

INGREDIENTS

- 2 parts orange juice, chilled
- 1 part fizzy mineral water, chilled
- 1/4 part elderflower syrup
- 1 lime wedge

INSTRUCTIONS

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1. Stir, sip, and enjoy with your breakfast.

Zucchini Buffalo Chicken Salad



Makes 4 servings

Total Time: 30 minutes

INGREDIENTS

4 ounces low fat blue cheese

1/4 cup low fat milk

2 tablespoons olive oil

1/2 teaspoon freshly ground black pepper

1 1/2 pounds zucchini (about 4 medium), spiralized

2 poached boneless, skinless chicken breasts, cut into large cubes (see Recipe Notes)

2/3 cup shredded carrots (optional)

1 cup Buffalo stovetop croutons (see Recipe Notes)

1/4 cup finely chopped fresh chives

INSTRUCTIONS

Place the blue cheese, milk, and olive oil in a blender and process until smooth. Stir in the black pepper; set aside. Divide the spiralized zucchini into 4 bowls, then divide the chicken and carrots over the zucchini. When ready to serve, divide the croutons over the bowls, drizzle with the dressing, and garnish with the chives.

<https://www.thekitchn.com/recipe-zucchini-buffalo-chicken-salad-232438> edited by Rita Sartin

Spicy Chicken Skewers with Sun-Dried Tomato Sauce



Makes 4 servings
Total Time: 40 minutes

INGREDIENTS

For the marinade:

1/4 cup extra-virgin olive oil
3 large garlic cloves, minced
2 tablespoons fresh rosemary leaves, roughly chopped
2 tablespoons freshly squeezed lemon juice
2 teaspoons red pepper flakes
1/2 teaspoon kosher salt
2 to 2 1/2 pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch cubes

For the basting sauce:

1 (6.7-ounce) jar sun-dried tomatoes packed in oil (do not drain)
1 large clove garlic, smashed
2 tablespoons sherry vinegar (See Recipe Notes)
1 tablespoon tomato paste
1 tablespoon honey
1/2 teaspoon red pepper flakes
Kosher salt and freshly ground black pepper

To grill:

Canola oil, for brushing grill grates
Lemon slices, for garnish
Italian parsley, for garnish

INSTRUCTIONS

For the marinade, combine olive oil, garlic, rosemary, lemon juice, red pepper flakes, and salt in a large bowl and whisk to combine. Fold in chicken and stir to coat. Marinate for a minimum of 1 hour or overnight.

For the basting sauce, place the sun-dried tomatoes along with their oil in a mini food processor and pulse until coarsely chopped. Add garlic, vinegar, tomato paste, honey, and red pepper flakes and process until the mixture is smooth. Season with salt and pepper and set aside.

When ready to grill, thread the chicken onto skewers so the meat will lay flat against the grill, leaving a 1/2-inch space between pieces. Preheat a large grill pan over medium heat. Once hot, brush the grates with canola oil. Season the skewers generously with salt and pepper and place on the grill. Using a silicone brush, baste the top of the chicken with sun-dried tomato sauce. Cover the grill — if cooking indoors, tent the grill pan with foil to create an oven effect. After 5 minutes, flip the skewers and brush the other side with the basting sauce; cover. Continue cooking, turning if necessary, until chicken is cooked through, about 12 to 15 minutes total. (To check for doneness, cut into a piece with a thin-bladed knife; the center should be white or slightly pink.) Transfer the skewers to a clean serving platter. Scrape any leftover bits of caramelized basting sauce over the chicken. Serve warm with lemon slices and minced Italian parsley as garnish.

<https://www.thekitchn.com/recipe-spicy-chicken-skewers-with-sun-dried-tomato-sauce-221801>

Sweet Potato & Spinach Breakfast Strata



Makes 4 to 6 servings

Total Time: 1 hour

INGREDIENTS

1 medium sweet potato (2 cups cubed)
1/2 medium sweet onion, diced
1 tablespoon olive oil
1/2 teaspoon sea salt, divided
1/2 teaspoon pepper, divided
2 cups spinach, shredded
8 ounces stale whole wheat sourdough bread (7 to 8 thick slices)
4 ounces shredded fontina, divided
1 tablespoon minced fresh rosemary
1 tablespoon minced chives
5 large eggs
1 1/2 cups almond milk

INSTRUCTIONS

Prep this strata the night before you plan to serve it. Preheat oven to 400°F. Peel and cut the sweet potato into 1/4-inch cubes. Toss them with the onion, olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Spread in a single layer on a baking sheet or roasting pan, and roast until the sweet potatoes are tender, 18 to 20 minutes. Place the spinach in a large bowl and scoop hot sweet potatoes and onions top. Stir, letting spinach wilt just slightly from the heat of the roasted vegetables. Cube the bread and add to the bowl, along with 2 ounces of cheese, the rosemary and the chives. Toss the mixture until well combined. Lightly grease a 9x9-inch (or 2 1/2 quart) baking dish. Scoop the bread mixture into the pan, evenly distributing the spinach and sweet potatoes. In a separate bowl, whisk together the eggs, milk, remaining 1/4 teaspoon pepper, and 1/4 teaspoon salt. Pour over the bread mixture, pressing down on the bread to submerge it completely in the egg mixture. Cover with foil and refrigerate overnight. In the morning, remove strata from refrigerator and preheat the oven to 350°F. Bake the strata for 45 minutes. Remove the foil, sprinkle with remaining 2 ounces of cheese, and continue to bake uncovered for 20 to 30 minutes until the strata has puffed and the cheese is browning. Serve with an extra sprinkle of chives.

<https://www.thekitchn.com/recipe-sweet-potato-and-spinach-breakfast-strata-recipes-from-the-kitchn-211481>
edited by Rita Sartin

Tuna Melts with Olive Oil Mayonnaise & Parmesan



Makes 2 servings
Total Time: 20 minutes

INGREDIENTS

For the olive oil mayonnaise:

1 egg yolk
1 tablespoon lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon apple cider vinegar
1/2 cup extra-virgin olive oil
1/4 cup plus 2 tablespoons canola oil

For the tuna melts:

2 (5-ounce) cans good-quality tuna, preferably wild-caught, such as Wild Planet
3 tablespoons olive oil mayonnaise
1 hard-boiled egg, chopped
1 tablespoon capers, chopped
1 tablespoon finely chopped Italian parsley
Lemon juice, to taste
Kosher salt and freshly ground black pepper
4 slices baguette, toasted
Grated Parmesan cheese, to taste

INSTRUCTIONS

For the mayonnaise, whisk the egg yolk, lemon juice, Dijon mustard, cider vinegar, and a pinch of salt in a medium-sized bowl. Using a handheld mixer on medium speed, mix the egg yolk mixture while slowly adding 1/4 cup of the olive oil, drop by drop, until the mixture becomes light and thick (this can take a couple of minutes). After adding the initial 1/4 cup of olive oil, the mayonnaise should be stable and emulsified; add the remaining olive oil and canola oil in a slow, steady stream until it is thick and fluffy. Season with salt and pepper to taste. (This will make more mayonnaise than you need; the remainder can be kept refrigerated for 1 week.) For the tuna melts, heat the broiler. Drain the tuna and thoroughly pat dry. Combine tuna, 3 tablespoons of the mayonnaise, egg, capers, and parsley. Season with lemon juice, salt, and pepper to taste. Divide tuna salad among the four bread slices. Top with shredded Parmesan and run under the broiler for 1 to 4 minutes, or until the cheese is melted and golden-brown.

<https://www.thekitchn.com/tuna-melts-with-olive-oil-mayonnaise-parmesan-184314>

Grilling Recipe: Smoky Salmon Sandwich



Makes 2 servings
Total Time: 35 minutes

INGREDIENTS

For the salmon:

2 (5 - 6 ounce) wild salmon filets
1 teaspoon smoked paprika
1 teaspoon kosher salt
1/2 teaspoon packed brown sugar
1/2 teaspoon ground black pepper
Pinch of cayenne (optional)
Juice of half a lemon

For the sandwiches:

2 croissants, split in half sandwich-style
1 tablespoons mayonnaise
1/2 teaspoon lemon zest
Squeeze of lemon juice
4 thick tomato slices
4 large pieces of green lettuce

Instructions

For the salmon, preheat gas grill, covered, on highest heat for 15 minutes. While the grill is heating, stir together smoked paprika, salt, brown sugar, black pepper, and cayenne. Spoon lemon juice on salmon. Rub the spice mixture into the salmon and set aside until ready to cook. Leave one grate on high heat and turn the remaining grates to medium-low. Brush the grates *thoroughly* with cooking oil (I use tongs and a paper towel). Place salmon, skin side up, on hottest grate, and cook until grill marks appear, about 1 minute. Flip the salmon so the skin side is down, close grill, and cook for an additional 3-4 minutes. Re-oil cooler grates. Move salmon, skin side up, to cooler grates, until fish is cooked through, about 1-2 more minutes. Set aside. To assemble the sandwiches, toast the croissants lightly. Stir together mayonnaise, lemon zest, and lemon juice. Spread a dollop of the mayonnaise mixture onto the top half of each croissant. On the bottom slice, layer lettuce, tomatoes and finally salmon. Top the salmon with mayonnaise-coated slice.

<https://www.thekitchn.com/grilling-recipe-smoky-salmon-blts-recipes-from-the-kitchn-172079> edited by Rita Sartin

Scrambled Eggs with Green Peppers & Mushrooms



Makes 2 servings
Total time: 15 minutes

INGREDIENTS

2 teaspoons olive oil
1/4 cup diced yellow onion
1/4 cup diced green bell pepper
1/2 cup diced button mushrooms
1 cup arugula or baby spinach
4 large eggs, beaten
1/4 cup shredded sharp cheddar
Hot sauce, optional

INSTRUCTIONS

Warm the olive oil in a nonstick skillet over medium heat. Add the onion, green bell pepper, and mushrooms. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the arugula and continue cooking, just until it begins to wilt. Add the eggs and stir. Using a spatula, push the eggs from the sides of the skillet into the center. When curds begin to form, add the cheddar and continue to move the eggs around the pan until just set. Serve immediately, with hot sauce if you like.

<https://www.thekitchn.com/scrambled-eggs-with-vegetables-215067>

Sautéed Zucchini and Squash with Thyme and Feta



Makes 4 servings

Total time: 15 minutes

INGREDIENTS

2 tablespoons extra-virgin olive oil
1/2 medium red onion, diced
2 teaspoons fresh thyme leaves
2 cups diced zucchini, summer squash, or a mix
Kosher salt and freshly ground black pepper
1/4 cup crumbled feta

INSTRUCTIONS

Warm a large skillet over high heat, then add the olive oil, red onion, and thyme. Cook for 2 to 3 minutes, until the onion is soft, then add the zucchini and squash. Season with 1 teaspoon of salt and a couple grinds of black pepper, and cook for 4 to 5 minutes, until the squash is tender and has a little color. Scoop the squash into a serving bowl and top with crumbled feta. Serve immediately.

<https://www.thekitchn.com/recipe-sauteed-zucchini-and-squash-with-thyme-and-feta-13023>

Turkey Tortilla Soup



Makes 2 servings

Total Time: 30 minutes

INGREDIENTS

4 cups homemade turkey broth (or chicken broth)

2 large garlic cloves

1 to 2 tablespoons chipotle chiles in adobo sauce or homemade chili puree (see below)

2 small carrots, peeled and cut into bite-sized pieces

1 1/2 cups cooked, shredded turkey or chicken meat

1 lime, juiced

Salt and pepper to taste

To garnish:

Diced avocado

Crumbled tortilla chips

Fresh cilantro leaves, chopped

Lime wedges

Crumbled queso fresco

INSTRUCTIONS

In a medium pot or Dutch oven, heat the broth until simmering. While it is warming, blend the garlic with 1 to 2 tablespoons chipotle chiles and their sauce in a food processor or mortar and pestle until they form a paste. See note below on spiciness, and check heat level with 1/2 tablespoon before adding it all. Whisk this paste into the broth, add the carrots and simmer until carrots are soft, but still retain a bit of crispness, 10 to 15 minutes. Add the turkey along with the lime juice and simmer until the meat is warmed through. Taste and add salt and pepper if necessary. Serve immediately with garnishes.

<https://www.thekitchn.com/recipe-fast-easy-turkey-tortilla-soup-recipes-from-the-kitchn-15020>