

Green Shakshuka

(serves 4)

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, crushed
- 1 jalapeno, minced
- 1/2 bunch broccoli rabe, roughly chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 bunch asparagus, chopped
- 1 cup baby kale
- 1 cup baby spinach
- 1 tablespoon dried oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt, to taste
- 1/4 teaspoon pepper, to taste
- 5 eggs
- 1/4 cup parsley, chopped
- sourdough bread for serving

DIRECTIONS

1. In a large heavy-bottomed skillet, heat olive oil over medium heat. Add chopped onion, garlic, and jalapeno and cook until softened but not browned, about 7-10 minutes.
2. Increase the heat to medium-high, add the chopped broccoli rabe. Cook until stems are tender, tossing frequently, about 7 minutes.
3. Push the vegetables to the sides of the pan. Add ground cumin and smoked paprika and stir around the bottom of the pan until fragrant, about 1 minute.
4. Stir in chopped asparagus, kale, spinach, dried oregano, red pepper flakes, salt, and pepper. Cook until vegetables soften and most of the released liquid has evaporated, about 7 minutes.
5. Make five small wells in the green mixture and gently crack an egg into each well. Cover with a lid, reduce heat to medium, and cook until the eggs are the desired consistency.**
6. Top with chopped parsley and serve with sourdough bread.

** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Recipe inspiration: Green Shakshuka: <https://happykitchen.rocks/green-shakshuka/>



Spring Green Soba Noodles (serves 4)

INGREDIENTS

- 4 eggs
- 4 tablespoons teriyaki sauce
- 1 tablespoon hot chili oil
- 2 tablespoon sesame seeds
- 2-3 quarts of water
- 2 teaspoons salt
- 6 ounces soba noodles
- 5 ounces frozen peas
- 6 ounces frozen edamame
- 3 cups kale, stems removed, sliced into thin ribbons
- 4 stalks green onions, thinly sliced

DIRECTIONS

1. In a medium bowl, whisk together eggs, teriyaki sauce, and chili oil. Set aside.
2. In a dry pan over medium heat, toast sesame seeds until fragrant, about 1-2 minutes. Set aside.
3. In a medium shallow saucepan, add water and bring to a boil.
4. Add in the salt, frozen peas, edamame, and kale. Cook for 2 minutes.
5. Add the soba noodles. Cook for 3 more minutes, stirring often, until noodles are tender. Avoid over cooking to noodles.
6. Quickly drain the noodles and vegetables and immediately place back into the hot pan.
7. Stir in the teriyaki sauce mixture and with the pan on low heat, toss until everything is thoroughly coated and the sauce is heated through.
8. Serve with toasted sesame seeds and sliced green onions.



Lentil Lettuce Wraps

(serves 4)

INGREDIENTS

- 1/4 cup peanut butter
- 1 tablespoon Miso paste
- 1/2 lime, juiced
- 2 inch fresh ginger, peeled and grated, divided
- 4 cloves garlic, pressed, divided
- 3 teaspoons maple syrup, divided
- 3 tablespoons hot water
- 2 cups broth or water
- 1 1/2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoons thai red curry paste
- 1 tablespoon olive oil
- 4 ounces mushrooms, chopped
- 1/2 yellow onion, thinly sliced
- 1 1/2 cups broccoli slaw
- 3/4 cup sprouted lentils
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- For serving:
- 1 head butter crunch or bibb lettuce, separated into leaves
- 1 cup snow peas, thinly sliced
- 1 cup carrots, shredded
- 4 stalks green onions, thinly sliced
- 1 cup micro greens

DIRECTIONS

1. Prepare the serving sauce in a small bowl. Whisk together the peanut butter, miso paste, lime juice, half of the ginger, half of the garlic, and 1 teaspoon of maple syrup. Thin mixture with hot water until it's a smooth consistency, not runny. Set aside.
2. In another small bowl, whisk together broth, soy sauce, oyster sauce, red curry paste, and 1 teaspoon maple syrup. Set aside.
3. In a large skillet over medium heat, add oil and mushrooms and cook until tender and released moisture has evaporated, about 7 minutes.
4. Add onions, broccoli slaw, and remaining ginger and garlic. Cook a few more minutes until they begin to soften.
5. Stir in sprouted lentils and broth mixture. Bring to a boil and reduce to a simmer. Cook for 5 minutes, until lentils are tender but not mushy. Taste and adjust seasoning, if needed.
6. Serve lentil mixture in lettuce wraps. Top with sliced snow peas, carrots, green onion, micro greens, and prepared serving sauce.

Recipe inspiration: Vegetarian Thai Lentil Lettuce Wraps: <https://vanillaandbean.com/thai-lentil-lettuce-wraps-with-miso-sriracha-peanut-sauce/>



Spinach Frittata

(serves 4)

INGREDIENTS

- 8 eggs
- 3 tablespoons milk
- 1/2 teaspoon salt, to taste
- 1/4 teaspoon pepper, to taste
- 2 ounces cheddar cheese, shredded
- 1 cup parsley, chopped
- 1 tablespoon olive oil
- 1 large shallot, thinly sliced
- 4 ounces baby bell peppers, thinly sliced
- 5 ounces baby spinach, chopped
- 2 cups microgreens

DIRECTIONS

1. Preheat oven to 400-degrees.
2. In a large bowl, whisk together eggs, milk, salt, and pepper. Whisk together. Reserve some shredded cheese and chopped parsley for serving and fold the rest into the egg mixture.
3. In an oven safe skillet, heat oil over medium-high heat. Add shallot and bell peppers and cook until softened, about 5 minutes.
4. Add chopped spinach to the pan and cook until slightly wilted, about 3 minutes.
5. Give the egg mixture another mix and pour it into the skillet with the onion, pepper, and spinach. Let cook on the stove for 2-3 minutes, without stirring, and then transfer to the preheated oven.
6. Cook in the oven for 10-12 minutes until cooked through.
7. Serve with cheese, parsley, and microgreens.



Spring Green Soup

(serves 4)

INGREDIENTS

- 2 tablespoons olive oil
- 1 bunch of spring onions, chopped
- 12 ounce frozen peas
- 16 ounces baby spinach and kale
- 1/2 bunch asparagus, chopped
- 2 15-ounce can cannellini beans, drained and rinsed
- 1 quarts vegetable stock
- salt and pepper, to taste
- 1 handful of mint leaves, divided
- 4 ounces feta cheese, crumbled

DIRECTIONS

1. In a medium saucepan over medium heat, add oil and spring onions. Saute until softened, about 5 minutes.
2. Add the peas, spinach, kale, asparagus, cannellini beans, and stock. Season with salt and pepper and bring to a boil.
3. Reduce heat and simmer for 10 minutes until the veg is tender, avoid over cooking.
4. Add most of the mint leaves, salt, and pepper. Blend until smooth, a hand-held stick blender, or by transferring to a food processor or blender.
5. Serve with extra mint leaves, feta cheese, and Parmesan kale crisps.

Parmesan Kale Crisps

(serves 4)

INGREDIENTS

- 1/4 cup finely chopped kale
- 1/2 teaspoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon red pepper flakes
- 1/2 cup Parmesan cheese, grated

DIRECTIONS

1. Preheat oven to 350-degrees. Prepare a rimmed baking sheet with parchment paper.
2. Mix together chopped kale, olive oil, salt, pepper, and red pepper flakes. Then stir in the Parmesan cheese.
3. Place 1 tablespoon piles on the prepared baking sheet, leave 2 inches between each. Use the back of the spoon to carefully press them flat and place in preheated oven.
4. Bake for 10-12 minutes until crisp and golden. Allow to cool completely before serving.

