



CREAMY BAKED EGGS & GREENS



4 SERVINGS

- INGREDIENTS**
- 1-4 cups hearty greens (kale, collards, chard, turnip greens, or spinach), ribs removed and cut in bite-sized pieces
 - 6 green onions, cut in 1" pieces
 - 4 cloves garlic, 3 minced and one left whole
 - Olive oil
 - 1 Tbsp all purpose flour
 - ¼ cup heavy cream
 - ½ cup whole milk
 - 1 Tbsp dijon mustard
 - ½ cup melty cheese, shredded
 - 4 eggs
 - 4 slices bread

DIRECTIONS

1. Place a rack in the middle position of oven, and preheat oven to 375°F.
2. Heat pot over medium heat. Add 1 Tbsp oil, greens, and a pinch of salt. Cook greens, stirring frequently, until all are softened, about 4-5 minutes. Transfer cooked greens to a plate.
3. Add 1 Tbsp of olive oil to the same pot, and add onions. Cook onions over medium heat until they're soft, stirring frequently, about 2 minutes. Add minced garlic to onion, and cook for 30 seconds, stirring frequently.
4. Sprinkle flour over the onion and garlic mixture, and cook for 30 seconds, stirring constantly. Add cream, milk, 1 tsp salt, 1/4 tsp black pepper, and dijon mustard, and stir well.
5. Add cooked greens, and bring mixture up to a simmer over medium-low heat. Simmer for a minute or so until thickened. Remove from heat. Sprinkle cheese over the top.
6. Make four large wells in the creamed greens for each egg to sit inside. Crack eggs into a ramekin, one at a time and place each cracked egg in the well. Sprinkle with salt and pepper to taste.
7. Gently place prepared dish inside oven and bake for 12-17 minutes, or until the egg whites are set, but yolks are still runny.
8. While eggs are baking, toast bread and then butter and rub with the extra clove of garlic.

● Vegetarian

FOOLPROOF GRITS *Vivian Howard*

4 SERVINGS

- INGREDIENTS**
- 1 cup grits
 - 3 ¼ cups milk (or stock or water or cream)
 - 1 Tbsp butter or olive oil
 - 1 ½ tsp salt
 - ¼ tsp freshly ground black pepper

DIRECTIONS

1. Make a double boiler with a pot with 2-3 inches of water and a metal mixing bowl (or use a 2-3 quart saucepan and watch it very carefully for burning).
2. Mix grits and liquid of choice in the bowl. Use a tea strainer to skim away hulls that float to the top.
3. Heat the pot over medium-high heat (or low if using a saucepan).
4. Whisk every 5 minutes or so. Cook for 25-40 minutes until the grits have become one with the liquid. Remove from heat.
5. Whisk in the remaining ingredients. Add a little hot water or milk if they thicken too much when cooling.
6. Serve warm.

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

MAKE-AHEAD BREAKFAST BURRITOS



10 SERVINGS

- INGREDIENTS**
- Olive oil
 - Lots of fresh veggies like...
 - 2 bunches hearty greens like kale, collards, chard, turnip greens, or spinach, ribs removed, and cut in bite-sized pieces
 - 2 onions, diced
 - 2 bell peppers, diced
 - fresh mushrooms, diced
 - 1 can of black beans or pinto beans (or 1 ½ cups cooked beans)
 - 12 large or extra large eggs, beaten
 - 1 Tbsp butter or oil
 - Chili powder (or a combination of cumin, smoked paprika and cayenne pepper)
 - 8 oz melty cheese (cheddar, Monterey jack, pepper jack, or muenster), shredded
 - 10 burrito-sized flour tortillas or wraps

DIRECTIONS

1. To cook the veggies, lightly coat the bottom of a large skillet with olive oil and heat to medium. Then follow directions below depending on the veggies you're using.
 - a) If using **onions and/or peppers**, cook for 5 minutes or until veggies are softened and browning a bit. Transfer to a plate when done.
 - b) If using **mushrooms**, cook the same way as the onions and peppers, but for approximately 10 minutes or until all of the liquid is gone. Transfer to a plate when done.
 - c) If using **greens**, cook the same way as the other veggies, but greens will cook much quicker. Cook until wilted and water has evaporated. Transfer to a plate when done.

3. For the beans, preheat a tablespoon of oil over medium heat in a pot and add 1 tablespoon of chili powder plus salt and pepper to taste. Add beans and cook for 15 minutes, stirring frequently. When time is up, remove from heat.

4. Cook eggs by preheating a skillet to medium and adding a tablespoon of butter or oil. Once butter begins to bubble, add the eggs plus salt and pepper to taste. Reduce heat to low and stir the eggs with spatula until they begin to set. Shut the pan off and transfer the eggs to a plate.

5. Compose the burritos by first sprinkling cheese on the bottom of the tortilla, making sure to leave plenty of room around the edge. Next add a layer of veggies, then beans, and then eggs, making sure not to overstuff. Only add fillings to the center of the burrito.

6. Wrap the burrito by first folding the bottom half up to cover the fillings in the center (the side closest to you). Then fold the left and right sides in. Finally, continue rolling the burrito away from you to close it up.

FREEZING & REHEATING

- Freeze extra burritos for long-storage by wrapping them individually in foil and keeping them in a freezer container or bag.
- Reheat while still in foil in an oven for 30 min on 300°F or until hot.

● Vegetarian



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