



Eggs in a Basket

Serves 4. Prep time: 30 minutes.

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| 1/3 pound ground breakfast sausage | Black pepper |
| 1 tablespoon unsalted butter | 4 tablespoons shredded cheddar cheese |
| 4 slices whole wheat sandwich bread | 2 teaspoons minced chives |
| 4 large eggs | |

Preparation

Preheat the oven to 375 degrees F.

In a small skillet, cook the sausage and set aside to drain on paper towels. Liberally butter 4 cups of a standard muffin pan.

Cut each slice of bread into a 4-inch square, removing the crust. Gently press one slice into each of the 4 buttered cups in the pan to make a bowl shape. Add one teaspoon of cooked sausage to each bread bowl. Crack an egg into each, and sprinkle lightly with pepper. Place in the oven and bake for 15 minutes until the whites are no longer translucent and the eggs are becoming firm. Top each egg with remaining cooked sausage and the cheddar cheese and bake another 2 minutes. Remove from the oven, let cool a few minutes and lift out gently using a fork. Garnish with minced chives and serve.

Eggs in a Basket

Ingredient checklist

PRODUCE

- ☐ Chives

MEAT/SEAFOOD

- ☐ Ground breakfast sausage

REFRIGERATED/DAIRY

- ☐ Unsalted butter
- ☐ Cheddar cheese
- ☐ Eggs

BAKERY

- ☐ Whole wheat sandwich bread

SPICES/SEASONINGS

- ☐ Black pepper

Serving suggestion

Experiment with your favorite flavor combinations in this versatile brunch dish. Try diced jalapeño peppers with Mexican cheeses and picante sauce; minced prosciutto and Gruyere cheese; or tomatoes and fresh herbs. The baskets can be cooked for a shorter or longer time depending on whether you prefer a runny or set yolk.

Nutritional information per serving

255 calories	15 g. fat
243 mg. cholesterol	487 mg. sodium
12 g. carbohydrate	1 g. fiber
17 g. protein	

The nutritional values and information provided are approximations.



Roasted Radishes with Bacon

Serves 4 to 6. Prep time: 10 minutes active; 45 minutes total.

1 pound (about 3 cups) radishes
4 slices uncooked bacon
2 tablespoons minced garlic

2 tablespoons minced fresh sage
Pinch each of salt and black pepper

Preparation

Preheat the oven to 375 degrees F. Oil a rimmed sheet pan.

Cut the radishes in half after removing leaves and dice the bacon. Mix all ingredients in a large bowl and lay out on the sheet pan. Bake for 30 to 35 minutes, stirring occasionally, until the bacon is well-cooked and the radishes are tender. Drain off some of the bacon grease before serving warm on a bed of fresh greens.

Roasted Radishes with Bacon

Ingredient checklist

PRODUCE

- ☐ Radishes
- ☐ Sage
- ☐ Garlic

MEAT/SEAFOOD

- ☐ Bacon

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This earthy dish works best alongside simple roasted or grilled meats and poultry. Omit the bacon and add a splash of balsamic vinegar for a perky, vegetarian option that pairs well with mac and cheese.

Nutritional information per serving

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|--------------------|----------------|
| 106 calories | 9 g. fat |
| 13 mg. cholesterol | 227 mg. sodium |
| 4 g. carbohydrate | 2 g. fiber |
| 3 g. protein | |

The nutritional values and information provided are approximations.



Grilled Scallions with Romesco Sauce

Serves 4 to 6. Prep time: 30 minutes.

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| 12 to 15 scallions | ¼ cup olive oil, divided |
| ½ cup roasted almonds | 2 tablespoons chopped parsley |
| 1 12-ounce jar roasted red peppers, drained | ½ cup grated Parmesan cheese |
| 1 tablespoon minced garlic | Pinch each of salt and black pepper |
| 1 tablespoon red wine vinegar | |

Preparation

Preheat the grill to medium-high heat.

Trim the roots and 1 to 2 inches from the green ends of the scallions. Rinse and remove any loose outside layers. Set aside.

In a food processor or blender, blend together the almonds, roasted red peppers, garlic, vinegar, 2 tablespoons olive oil and parsley. Stir and scrape the sides as needed and blend until smooth. Add the Parmesan cheese, salt and pepper and blend well. Set aside while grilling the scallions.

Brush the scallions with remaining olive oil and gently place perpendicular to the grill to prevent them from falling through the grates. Grill for 2 minutes, just until grill marks appear, and then carefully flip and grill another minute or so. The scallions should be al dente. Serve warm with romesco sauce for dipping and slices of crusty bread.

Grilled Scallions with Romesco Sauce

Ingredient checklist

PRODUCE

- ☐ Scallions
- ☐ Parsley
- ☐ Garlic

BULK

- ☐ Roasted almonds

GROCERY

- ☐ Roasted red peppers
- ☐ Olive oil
- ☐ Red wine vinegar

REFRIGERATED/DAIRY

- ☐ Parmesan cheese

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This Spanish sauce is also delicious with oven-roasted potato wedges, fries or even grilled shrimp or as a condiment for chicken, lamb chops or meatballs. It makes a great alternative to pesto as well: stir it into soups and stews or toss with pasta.

Nutritional information per serving

175 calories	13 g. fat
6 mg. cholesterol	151 mg. sodium
10 g. carbohydrate	3 g. fiber
7 g. protein	

The nutritional values and information provided are approximations.



Rhubarb Compote

Makes 6 servings. Prep time: 15 to 20 minutes active; 2 to 3 days total.

1 pound fresh or frozen rhubarb,
trimmed and diced

$\frac{1}{3}$ cup dried apricots (10 to 15
apricots), diced

$\frac{1}{3}$ cup raisins

$\frac{1}{3}$ cup honey

2 tablespoons orange juice

1 tablespoon orange liqueur
(Grand Marnier or Triple Sec)

$\frac{1}{2}$ teaspoon cinnamon

Preparation

In a large bowl, stir together all the ingredients. Refrigerate the compote in a tightly-covered bowl or dish for 2 to 3 days to allow the flavors to blend, stirring a few times. Serve spooned over panna cotta, yogurt, ice cream or pound cake.

Rhubarb Compote

Ingredient checklist

PRODUCE

- ☐ Rhubarb (if using fresh)

BULK

- ☐ Dried apricots
- ☐ Raisins

GROCERY

- ☐ Honey
- ☐ Orange liqueur (Grand Marnier or Triple Sec)

REFRIGERATED/DAIRY

- ☐ Orange juice

FROZEN

- ☐ Rhubarb (if using frozen)

SPICES/SEASONINGS

- ☐ Cinnamon

Serving suggestion

This is a raw, crunchy, chutney-like riff on a classic cooked fruit compote. Add a pinch of freshly-grated ginger or a handful of chopped, fresh strawberries and serve it with pork, duck or chicken.

Nutritional information per serving

123 calories	0 g. fat
0 mg. cholesterol	7 mg. sodium
31 g. carbohydrate	3 g. fiber
1 g. protein	

The nutritional values and information provided are approximations.