

WHAT'S IN THE FRIDGE FRITTATA

 FoodShare **Tangerine**
Forward Banking



\$20 MEALS IN UNDER 20 MINUTES

There's no better solution to a busy weeknight dinner hustle than eggs. A frittata is a little more exciting than scrambled eggs on toast and gives you an opportunity to experiment or at the very least use up stuff that's in the fridge. Serve this up with a little side salad and you've got a lovely quick weeknight meal.

INGREDIENTS

6-8 eggs
½ cup diced onions
½ cup diced peppers
4 oz or a big handful of fresh spinach
1 cup grated sharp cheddar
1 Tbsp olive oil

OTHER WINNING COMBOS

-Mushroom, leek and goat cheese
-Spinach, feta and olives
-Swiss chard, zucchini and cheddar

METHOD

Turn oven on, 350F, roll out a handful of cherry tomatoes tossed with olive oil, salt and pepper, put the tomatoes on a roasting tray in a cool oven and let them cook while the oven heats up to save time. You just need the tomatoes to blister a little bit and lose some of their moisture.

In a frying pan sauté peppers and throw in some onions (5- 8 minutes). You can use oil or water to sauté.

While the veg is sauteeing, beat up 8-10 eggs, salt and pepper. If you have fresh herbs you can add those now too.

Pour eggs in a well greased baking dish or cast iron pan. Evenly add onions and peppers, sprinkle with cheese. By this time, your tomatoes should be ready, remove from oven and pop them into the pan and sprinkle the whole thing with shredded cheddar.

Cook 30 minutes. Check the oven at 20 - you know it's done when the egg starts to brown at the edges. While the frittata is baking, you have time to set the table, wash some lettuce and toss a salad.

Use whatever you've got handy! Just remember to cook all the veggies before adding them to the eggs otherwise you might end up with a runny frittata.



GRAIN BOWL

Grain Bowls are great in any combination you can dream of. Always make extra roasted vegetables and grains so you can whip these satisfying bowls up at a moment's notice with food you've already got prepared.

INGREDIENTS

- 2 cup quinoa
- 1 can black beans, rinsed/drained
- Tomato chopped, cherry halved
- Red, yellow or green pepper
- Diced green onion
- ½ cup Sharp cheddar grated
- Handful of fresh washed spinach, chopped or torn
- Bunch of cilantro, washed
- *Pepitas toasted or raw
- *Leftover roasted sweet potato

DRESSING

- 1 ripe avocado
- 1 Tbsp lemon juice
- ½-1 clove of garlic minced
- Pinch of salt
- Handful of cilantro

METHOD

You only have to turn on the stove briefly for this recipe, you can even get started in the morning while you get ready for the day so that when you come home at night, you're already halfway there. *Adjust amounts to number of people you're serving.

For dressing, blend avocado, lemon juice, garlic and cilantro in a blender. Add water until desired consistency is reached.

Rinse 2 cups of quinoa in cold water and then add it to four cups of boiling water. Cover pot and let simmer on low for about 15 minutes or until the quinoa is fluffed up and tender. Remove from heat, place into a bowl to cool, fluff with a fork.

Bring a second pot of water to boil and add one or two ears of corn. Allow it to cook in boiling water for ten minutes. Remove, rinse in cold water and remove kernels from the cob (this could be done in the morning).

While quinoa and corn are on the stove, chop tomato, pepper, onion, and spinach into bite sized pieces, grate cheese.

To serve place a scoop of cooled quinoa and surround it with fresh veg and cheddar and drizzle with avocado dressing, garnish with fresh cilantro. This is a great dish to add left-over roasted sweet potato, or any other veg you like.

OTHER WINNING IDEAS

Long grain rice bowl

Cook 1 cup rice as per package instruction. Sauted mushrooms, leeks, kale in pan with a drizzle of olive oil to coat. Start with leeks, add mushrooms and then kale (10 mins). Add leftover roasted cauliflower, brussels sprouts, butternut squash, sweet potato, toasted almonds and chickpeas.

Dressing: dijon vinaigrette

½ cup Red wine vinegar
½ cup olive oil
1 Tbsp dijon mustard
½ clove garlic minced
Salt and pepper to taste

Lentil and Freekeh Bowl

1 cup freekeh as per package instructions
2 cups lentils as per package instructions
Chopped chard
Tomatoes chopped
Chopped parsley
Pomegranate
Toasted pine nuts or almonds



Dressing: lemon tahini

Courtesy of FoodShare's friends at Hain Celestial Canada.

1 Tbsp olive oil
½ clove minced garlic
2 Tbsp tahini paste
¼ cup of lemon juice
¼ tsp coriander
¼ tsp cumin
Salt and pepper to taste

Add tahini to small bowl; gradually whisk in lemon juice and 1 Tbsp water until smooth. Stir in oil, ½ clove minced garlic, salt, cumin, coriander and pepper.

Asian Bowl

Long grain brown rice cooked to package instructions.
Ginger, soy marinated tofu
Scrambled egg
Toasted sunflower seeds
Steamed snap peas, bok choy or broccoli, or all three!

In the morning : Chop tofu into cubes dress with chopped ginger, garlic, soy and a splash sesame oil leave in the fridge (prep 5 minutes). Put rice on the stove. Steam vegetables (5 to 10 minutes). Crack 4 eggs into a bowl and beat in a fry pan. Fry tofu in the marinade until golden-brown (4 minutes). Remove from heat pour into a dish. Scramble egg in the same garlicky oily pan (3 mins).

Place everything in a bowl on top of rice and drizzle soy sauce, sprinkle with toasted sunflower seeds.



CHOCOLATE CHIA PUDDING

This indulgence is packed with nutrient rich chia seed, naturally sweetened with maple syrup and seasoned simply with a splash of vanilla and hint of cinnamon. It's good for you, delicious and super simple to make. What a treat!

INGREDIENTS

2 cups unsweetened milk
(Cow, Almond, Soy, Rice, Coconut)
1/4 cup cocoa powder
2 Tbsp to 1/4 cup maple syrup
(depending on how sweet you like it)
1-2 tsp cinnamon
1 tsp vanilla extract (optional)
Pinch of salt
1/2 cup chia seeds

METHOD

Pour the milk of your choice into a glass bowl.
Sift in cocoa and whisk until smooth.
Add vanilla extract, cinnamon and a pinch of salt.
Stir in chia seeds until combined.
Refrigerate for four hours or overnight to be enjoyed the next day.

Top with something pretty! We like fresh raspberries and toasted coconut, bananas and cinnamon, strawberries and mint or whatever suits you!

