



Chorizo and Sweet Potato Hash

Serves 4. Prep time: 20 minutes active; 25 minutes total.

- | | |
|---|---------------------------|
| 2 tablespoons extra virgin olive oil, divided | 2 cloves garlic, chopped |
| 4 ounces bulk chorizo or plant-based chorizo | ½ teaspoon smoked paprika |
| 1 pound sweet potatoes, cubed | ½ teaspoon ground cumin |
| 1 large onion, chopped | ½ teaspoon salt |
| 1 medium portobello mushroom, chopped | 2 scallions, chopped |

Preparation

Drizzle 1 tablespoon of olive oil in a large skillet and turn the heat to medium-high. Crumble in the chorizo. Stir often until browned and completely cooked, about 4 minutes, then transfer to a plate.

While the chorizo cooks, set up a steamer, and steam the sweet potato cubes for 3 to 5 minutes, until tender.

In the same skillet used for the chorizo, drizzle the remaining oil and add the onion, mushroom and garlic, and stir for a minute. Add the steamed sweet potato and stir, scraping the pan until the vegetables are softened and browned, about 5 minutes. Stir in the chorizo and add the paprika, cumin and salt. Stir until hot. Top with scallions.

Chorizo and Sweet Potato Hash

Ingredient checklist

PRODUCE

- Sweet potatoes
- Onion
- Portobello mushroom
- Garlic
- Scallions

MEAT/SEAFOOD

- Chorizo or plant-based chorizo

GROCERY

- Olive oil

SEASONING

- Smoked paprika
- Cumin
- Salt

Serving suggestion

Fry up a few eggs to your desired doneness and serve them over this flavorful hash.

Nutritional information per serving

| | |
|--------------------|--------------------|
| 370 calories | 43 g. carbohydrate |
| 18 g. fat | 7 g. fiber |
| 25 mg. cholesterol | 10 g. protein |
| 670 mg. sodium | |

The nutritional values and information provided are approximations.





Fasolia-style Green Beans and Carrots

Serves 4-6. Prep time: 15 minutes active; 25 minutes total.

- | | |
|--------------------------------|-----------------------------------|
| 2 tablespoons canola oil | 2 large tomatoes, chopped |
| 1 large onion, chopped | 1 tablespoon fresh ginger, minced |
| 3 tablespoons tomato paste | 2 cloves garlic, minced |
| 1 pound green beans, trimmed | ½ teaspoon salt |
| 2 large carrots, thinly sliced | |

Preparation

Place a large saute pan over medium-high heat and drizzle in the oil. Add the onion and stir. When it starts to sizzle, reduce the heat to medium low and stir frequently until soft, about 10 minutes.

Stir in the tomato paste and keep stirring until the paste is a shade darker, about 3 minutes.

Add the green beans, carrots, tomatoes, ginger, garlic and salt and stir. Cover the pan and raise to medium, then cook for ten minutes.

When the carrots are tender, taste for salt and serve.

Fasolia-style Green Beans and Carrots

Ingredient checklist

PRODUCE

- Onion
- Green beans
- Carrots
- Tomatoes
- Ginger
- Garlic

GROCERY

- Canola oil
- Tomato paste

SEASONING

- Salt

Serving suggestion

Serve as a side dish with Mediterranean or Middle Eastern-inspired main dishes.

Nutritional information per serving

| | |
|-------------------|--------------------|
| 140 calories | 23 g. carbohydrate |
| 6 g. fat | 6 g. fiber |
| 0 mg. cholesterol | 4 g. protein |
| 300 mg. sodium | |

The nutritional values and information provided are approximations.





Matzo Brei

Serves 2. Prep time: 10 minutes total.

4 large eggs

½ teaspoon salt

¼ teaspoon black pepper

2 sheets matzo crackers

3 tablespoons unsalted butter

1 cup chopped onion

2 cups fresh spinach, coarsely
chopped

Preparation

In a medium bowl, whisk the eggs, salt and pepper. Break the crackers into bite-sized pieces and stir them into the eggs. Let stand for 5 minutes to soften.

In a medium saute pan, melt the butter over medium heat. Add the onion and stir, sauteing for about 5 minutes, or until the onions are soft and clear. Add the egg mixture and scramble until the eggs are cooked to your liking. Add the spinach and stir until wilted.

Matzo Brei

Ingredient checklist

PRODUCE

- Onion
- Spinach

DAIRY/REFRIGERATED

- Eggs
- Butter

GROCERY

- Matzo crackers

SEASONING

- Salt
- Black pepper

Serving suggestion

Serve with your favorite savory toppings, such as sour cream and chives, or add some sweetness by serving with a dollop of cherry jam or applesauce.

Nutritional information per serving

| | |
|---------------------|--------------------|
| 460 calories | 37 g. carbohydrate |
| 27 g. fat | 4 g. fiber |
| 420 mg. cholesterol | 18 g. protein |
| 790 mg. sodium | |

The nutritional values and information provided are approximations.





Double Chocolate Hemp Heart Cookies

**Serves 22. Prep time: 15 minutes active;
30 minutes total.**

2 cups almond flour

2 tablespoons cocoa

1 teaspoon baking soda

1 teaspoon baking powder

½ teaspoon salt

½ cup coconut oil (refined),
melted

1 cup sugar

1 teaspoon vanilla

1 large egg

1 cup chocolate chips

½ cup hemp hearts

Preparation

Preheat the oven to 350 F. Line two sheet pans with parchment paper and reserve.

In a large bowl, combine the almond flour, cocoa, baking soda, baking powder and salt. Whisk to mix, crushing any lumps of almond flour.

In a medium bowl, stir the coconut oil and sugar until smooth, then stir in the vanilla. Lightly beat the egg and stir in.

Scrape the wet mixture into the dry mixture and stir to mix well. Stir in the chocolate chips and hemp hearts.

Make 2 tablespoon-sized portions of dough, roll into balls, and place on the prepared pans with 2 inches between the dough balls.

Dampen your palms and lightly flatten the dough to ¾-inch-thick disks.

Bake for 7 minutes, then reverse the position of the pans and bake for 7 minutes longer.

Double Chocolate Hemp Heart Cookies

Ingredient checklist

DAIRY/REFRIGERATED

Egg

GROCERY

Almond flour

Cocoa

Baking soda

Baking powder

Coconut oil (refined)

Sugar

Vanilla

Chocolate chips

Hemp hearts

SEASONING

Salt

Serving suggestion

Serve as dessert or bring along on your next adventure as an energizing snack.

Nutritional information per serving

170 calories

10 g. fat

10 mg. cholesterol

65 mg. sodium

17 g. carbohydrate

1 g. fiber

5 g. protein

The nutritional values and information provided are approximations.

