Let's do RECIPES

Enjoy these easy recipes that can be made in under 15 minutes! They're perfect for a quick lunch if you're working from home, or for those evenings when you need to get dinner on the table fast after a long day at work! Some are even great for breakfast!



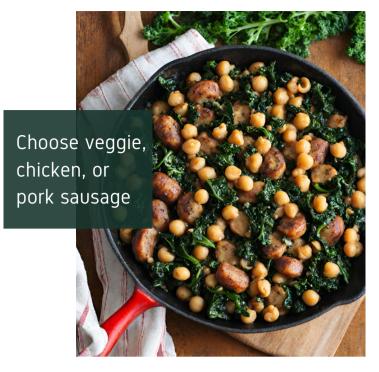
INGREDIENTS

- 1 tortilla (flour, corn, whole wheat, or gluten-free)
- 1/4 can of beans, drained and rinsed if needed (black or refried)
- Drizzle of heat-safe oil
- Optional chopped veggies (peppers, onions, etc)
- Sprinkle of shredded cheese
- 1 egc
- A scoop of your favorite salsa
- handful of spring mix, lettuce, or other areens
- Öptional toppings: avocado/ guacamole, cilantro, pickled jalapeno slices, yogurt or sour cream

INSTRUCTIONS

- 1. Toast tortilla under preheated broiler for about 1 minute, watching carefully because it can burn quickly!
- 2. Top with cheese and broil for another 30 seconds
- 3. Heat oil in a frying pan and warm up veggies and beans
 - a.(add spices such as cumin or paprika if you like)
- 4. Push veggies/ beans to the side and heat another drizzle of oil.
- 5. Crack an egg into the hot pan, and cook to desired firmness.
- 6. Layer cheesy tortilla with beans, veggies, and fried egg.
- 7. Top with salsa, salad mix, and other favorite toppings.





QUICK & COZY BEANS & GREENS WITH SAUSAGE

- 2 links of Italian-style sausage
- 1 can of chickpeas, rinsed and drained
- 2 full-sized carrots
- 1 bunch of dino kale or a 1/2 bunch of curly kale
- · heat safe oil
- one clove of garlic or 1/2 tsp garlic powder
- red pepper flakes to taste
- · a small pinch of salt
- · lemon juice
- Plain yogurt to top (optional)
- 1. Heat oil in a skillet. Peel carrots, remove ribs from kale, and smash garlic; chop all
- 2. Add carrots, salt, and red pepper to the hot skillet, Cook for a few moments until carrots begin to soften
- Add sausage and cook:
 a. If it's fully cooked, heat until it starts to brown
 b. If it's raw, cook it most of the way
- 4. Add chickpeas and let them warm up, then add kale and cook until wilted.
- 5. Turn off heat, squeeze over lemon juice, dollop on yogurt (if desired) and enjoy!

MEDITERRANEAN PESTO TUNA **Stir together**:

- 5 oz can of tuna, drained
- 2-3 tbsp of prepared basil pesto (jarred or homemade)
- 1-2 tbsp mayonnaise
- 2 tbsp oil-packed sundried tomatoes, purchased sliced or chopped
- A generous squeeze of lemon juice
 & a few cracks of black pepper
- 1-2 tbsp crumbled feta cheese (optional)
- Favorite mix-ins: capers, olives, jarred artichokes hearts, roasted red peppers, walnuts

Enjoy in a sandwich, on a salad, or with crackers and cut up veggies!



