

The Home Cook Breakfast Book

Presented by Earthbound Farm and Meatless Monday



**MEATLESS
MONDAY**



Table of Contents

Quinoa Cereal with Pecans	4
Egg in a Hole with Roasted Vegetables	6
Pretty Pomodoro Frittata	8
Strawberry Shortcake Oatmeal Pancakes	10
Cornmeal Upma	12
Shakshouka with Rainbow Chard	14
Sriracha Sesame Breakfast Tofu Sandwich	16
Orange Dreamsicle Smoothie	18



In celebration of Earthbound Farm's 30th anniversary, Meatless Monday and Earthbound Farm have come together to create this delicious e-cookbook filled with delectable breakfast recipes that focus on produce-packed options we think you'll love.

Meatless Monday's talented bloggers used both fresh and frozen Earthbound Farm fruits and vegetables to create recipes which showcase that breakfast dishes can be great options for any time of the day.

Earthbound Farm began 30 years ago with a backyard garden and a roadside stand. Co-founders Drew and Myra Goodman were city kids from New York who fell in love with the land; they committed to farming organically long before it was "cool," raising food they'd feel good about serving to their families, friends and neighbors. And that commitment has never wavered. Today, Earthbound is the country's biggest brand of organic produce, sharing healthy, delicious organic food with as many people as possible and serving as a catalyst for change — in our kitchens and in the environment.

In 2003, former ad man turned health advocate Sid Lerner in association with Johns Hopkins School of Public Health, revived and re-launched *Meatless Monday*. Reintroduced as a public health awareness campaign instead of a food rationing war effort, the new Meatless Monday message of "one day a week, cut out meat" is a way for individuals to do something good for themselves and for the planet.

Meatless Monday's registered dietitian and recipe editor, *Diana Rice*, has selected the eight recipes on the pages that follow for their unique flavors and the creative ways they showcase fresh and frozen produce. Each recipe has been evaluated to ensure its nutritional content will provide a healthy start to your day.

This cookbook is an expression of our mutual passion for food — focusing on the amazing fruits and vegetables that deserve to be at the center of our plates.

Happy cooking!



QUINOA CEREAL WITH PECANS

Although typically a player in savory meals, don't undervalue quinoa as a base for sweet, comforting breakfasts. Here, the whole grain's nutty flavor pairs perfectly with pecans and Earthbound Farm Frozen Organic Blueberries. This recipe comes to us from Joshua and Boots Coblentz of the blog [Bok Choy and Broccoli](#).

INGREDIENTS {SERVES 4}

1 cup rice or soy milk
1 cup water
1 cup quinoa, rinsed
1 cup fresh or frozen blueberries*
½ teaspoon ground cinnamon
⅓ cup chopped pecans, toasted
Pomegranate seeds**
Drizzle of agave nectar or honey
**if using frozen blueberries,
rinse under cold water until water
noticeably lightens. Dry on paper
towels before using*
***optional*

RECIPE

Combine milk, water, and rinsed quinoa in a saucepan.

Bring to a boil over low heat.

Reduce heat to medium-low, then cover and simmer for 15 minutes (or until most of the liquid is absorbed).

Turn off the heat, cover, then let stand for 5 minutes.

Stir in the blueberries and cinnamon.

Transfer to individual bowls and sprinkle pecans and possibly pomegranate seeds. End with a drizzle of agave nectar/honey on each bowl to taste.

Nutrition info per serving: 358 calories. 18g total fat. 2g saturated fat. 0mg cholesterol. 26mg sodium. 41g carbohydrates. 5g fiber. 5g sugars. 8g protein.



EGG IN A HOLE WITH ROASTED VEGETABLES

Eggs may be the universal breakfast food, but for a balanced (and colorful!) meal, be sure to serve them alongside veggies, too. Any vegetables will work in this egg-in-a-hole recipe (such as last night's leftovers), but Earthbound Farm Organic Tomatoes, Bell Peppers and Onions are always favorites. This recipe comes to us from Siri Pulipaka of the blog [Cooking with Siri](#).

INGREDIENTS {SERVES 1}

For the roasted vegetables:

1 tbsp. olive oil
Use any vegetables you have on hand, or prepare the following, reserving excess:

- ½ onion
- 1 small tomato
- ½ small zucchini
- ½ red bell pepper
- 1 small green chili

To complete the dish:

- 1 tablespoon butter
- 1 slice of bread
- 1 egg

RECIPE

Wash and pat dry any kind of firm vegetables. (Used here: zucchini, red bell peppers, onions, tomatoes, and green chili). Cut them into long, equal sized strips. Preheat oven to 375° F.

In a large mixing bowl, place veggies and drizzle generously with olive oil. Sprinkle some salt and pepper. Arrange them evenly on a baking sheet and roast them for 30-40 minutes, until crisp and tender. Cool and store in an air-tight container if not using immediately. Refrigerate for a longer shelf life.

Using a small, sharp jar top, cut a hole out of the center of the slice of bread. Heat a bit of butter in a skillet and pan roast the bread with its cutout on one side. Turn it over and place a layer of roasted vegetable around the hole. Melt a small nugget of butter inside the hole and crack an egg in the middle. Cook over low-medium heat for 2-3 minutes or more depending on how well you want the egg to be cooked.

Nutrition info per serving: 388 calories. 35g total fat. 6g saturated fat. 164mg cholesterol. 222mg sodium. 13g carbohydrates. 3g fiber. 1g sugars. 10g protein.



PRETTY POMODORO FRITTATA

What's better than a beautiful frittata to feed a crowd? Add Earthbound Farm Organic Tomatoes, Garlic and Yellow Onions. Fragrant basil and freshly grated Parmesan cheese complete the dish. This recipe comes to us from Erin Macdonald, RDN and Tiffani Bachus, RDN of the blog [U Rock Girl](#).

INGREDIENTS {SERVES 8}

- 6 eggs plus 6 egg whites, whisked together
- 1 cup nonfat milk
- 1 cup grape tomatoes, halved
- $\frac{3}{4}$ cup basil, cut thin
- $\frac{1}{3}$ cup fresh Parmesan cheese
- 5 cloves garlic, minced
- $\frac{1}{2}$ sweet yellow onion, minced

RECIPE

Preheat oven to 350° F. Coat an 11x7-inch baking dish with canola oil cooking spray.

Whisk all ingredients together in a large bowl and pour into the pie plate.

Place in oven and bake 30-35 minutes or until eggs are set.

Remove and let cool 5 minutes before slicing.

Nutrition info per serving: 91 calories. 4g total fat. 2g saturated fat. 126mg cholesterol. 138mg sodium. 4g carbohydrates. 0g fiber. 3g sugars. 9g protein.



STRAWBERRY SHORTCAKE OATMEAL PANCAKES

Strawberry shortcake may be a decadent dessert, but this recipe reimagines the dessert as a protein-packed breakfast with a purée of Earthbound Farm Frozen Organic Strawberries mixed right into the batter. This recipe comes to us from Tina Muir of the blog *Fuel Your Future with Tina*.

INGREDIENTS {MAKES 5}

$\frac{3}{4}$ cup rolled oats
 $\frac{1}{2}$ cup whole-wheat flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
1 scoop cake batter or vanilla flavored protein powder
1 cup frozen or fresh strawberries puréed in a blender
1 teaspoon vanilla
 $\frac{1}{2}$ cup 2% Greek yogurt
1 egg
 $\frac{1}{2}$ cup almond milk

RECIPE

Mix the wet ingredients into a large bowl, stirring until well combined.

Stir the dry ingredients in a medium bowl. Slowly stir the dry mixture into the wet mixture until well combined. The batter will be very thick.

Grease a pancake pan/sauté pan/frying pan with spray or butter as it heats up over a medium heat. Spoon the mixture onto the pan and spread it out a little with the spoon (they will still be thicker pancakes). Leave to cook for 4-5 minutes, or until the underside is brown. Flip the pancake over and allow the other side to cook.

Serve with fresh strawberries and maple syrup.

Nutrition info per serving: 456 calories. 11g total fat. 3g saturated fat. 132mg cholesterol. 837mg sodium. 52g carbohydrates. 13g fiber. 9g sugars. 35g protein.



CORNMEAL UPMA

Upma is a traditional South Indian breakfast. Although typically made with semolina flour, this recipe uses cornmeal. Earthbound Farm Frozen Organic Peas, Frozen Organic Green Beans and Frozen Organic Sweet Corn are quick and healthy additions. This recipe comes to us from Suchitra Kamath of the blog [Su's Healthy Living](#).

INGREDIENTS {SERVES 4}

1 cup cornmeal
¼ cup frozen peas
⅛ cup frozen corn
⅛ cup frozen green beans
¼ cup carrots, diced and cooked
2 tablespoons ghee or butter
2 tablespoons cooking oil
½ teaspoon mustard seeds
1 sprig curry leaves*
½ teaspoon urad dal*
(split black lentil)
½ teaspoon chana dal*
(split chickpea)
1 tablespoon cashew halves
1 medium onion, diced small
1 small tomato, diced
2 green chiles, split lengthwise
½ teaspoon ginger-garlic paste**
¼ teaspoon sugar
Salt to taste
2 cups water
1 tablespoon cilantro leaves,
for garnish
1 tablespoon freshly grated
coconut, for garnish
**optional or source these ingredi-
ents in an Indian speciality market*
***or substitute with 1/4 tsp.
each grated ginger and grated
garlic*

RECIPE

Boil 2 cups water in a saucepan/kettle.

Cook all the frozen vegetables as per the instruction on the package and keep aside.

Dry roast the cornmeal in a sauté pan on low heat until fragrant (around 5-8 minutes). Put it in a plate/bowl and keep aside.

In the same sauté pan, now heat oil and ghee. Add mustard seeds. Once the mustard seeds splutter, add the Urad Dal, chana dal and cashew halves. Sauté for few seconds.

Add the split green chiles, curry leaves, ginger-garlic paste and chopped onions. Sauté until onions turn transparent. Add the turmeric powder and tomatoes and sauté until it wilts a little. Add the cooked peas, carrots, corn and beans.

Add the roasted cornmeal and mix well, salt, sugar and 2 cups hot water. Add the water little by little, mixing well in between. The cornmeal quickly absorbs the water.

Cover and cook on very low flame for 3-4 minutes, stirring in between. You know the upma is done when it easily leaves the pan upon stirring.

Garnish with chopped coriander leaves. You can also garnish with freshly grated coconut as well. Serve hot.

Nutrition info per serving: 274 calories. 15g total fat. 5g saturated fat. 15mg cholesterol. 66mg sodium. 32g carbohydrates. 4g fiber. 4g sugars. 4g protein.



SHAKSHOUKA WITH RAINBOW CHARD

Shakshouka is a breakfast dish hailing from Israel. It typically features eggs baked in a seasoned tomato sauce, but why not amp up the veg factor with Earthbound Farm Frozen Organic Rainbow Chard Blend? This recipe comes to us from Phoebe Lapine of the blog [Feed Me Phoebe](#).

INGREDIENTS {SERVES 4}

Olive oil

1 large bunch chard, thinly sliced into ribbons (about 4 loosely packed cups) or 9 oz. frozen chard*

Sea salt

1 small onion, diced

1 small red pepper, seeded and diced

4 cloves garlic, minced

1 teaspoon cumin

1 tablespoon harissa**

1 (28 oz.) can diced tomatoes

4 large eggs

¼ cup cilantro

**if using frozen chard, defrost and squeeze dry before using and omit sautéing step*

***optional*

RECIPE

In a large oven-proof (preferably cast iron) skillet, heat 1 tablespoon olive oil. Sauté the chard over high heat until wilted and the stems have begun to soften, about 5 minutes. Transfer the chard to a bowl, along with any juices.

Add another tablespoon of oil to the skillet. Sauté the onion and peppers over medium-high heat until soft, about 8 minutes. Stir in the garlic, cumin, and harissa, if using. Cook until fragrant, 2 minutes. Carefully pour in the tomatoes. Bring to a simmer over high heat. Cook until the tomatoes have begun releasing their liquid, 5 minutes. Using a fork or masher, crush the tomatoes to break up the larger chunks and create a saucy consistency. Reduce the heat to medium-low and simmer, stirring occasionally, until the sauce has thickened and the tomatoes have lost their acidity, about 20-30 minutes.

Stir in the chard and simmer 5 minutes more. Create 4 large wells in the sauce. One at a time, crack the eggs into the wells. Simmer until the egg whites are set but the yolks are still runny, about 10 minutes. Garnish with the cilantro leaves and serve straight from the skillet.

Nutrition info per serving: 199 calories. 12g total fat. 3g saturated fat. 186mg cholesterol. 522mg sodium. 14g carbohydrates. 3g fiber. 7g sugars. 8g protein.



SRIRACHA SESAME BREAKFAST TOFU SANDWICH

Forget the standard greasy, veggie-less breakfast sandwich! This recipe swaps in healthy additions like a whole grain baguette, tofu and a hefty dose of Earthbound Farm Organic Tomatoes and Earthbound Farm Organic Spring Mix or Baby Lettuces. This recipe comes to us from Sharon Palmer, RDN of SharonPalmer.com.

INGREDIENTS {SERVES 4}

- 1 (15 oz.) package extra firm tofu
- 2 tablespoons reduced sodium soy sauce
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon sriracha sauce (may decrease or increase according to spice preference)
- 1 teaspoon toasted sesame seeds
- 4 slices of tomato
- ½ cup green and red baby lettuce leaves
- 4 (1 oz.) slices whole grain baguette

RECIPE

Preheat oven to 375° F.

Drain tofu and slice in half lengthwise, and in half crosswise, to create 4 rectangular pieces. Place in a small baking dish.

Mix together soy sauce, garlic, ginger, sriracha sauce, and sesame seeds. Drizzle over tofu.

Place tofu on top rack of oven and cook for about 15 minutes, until golden brown.

While tofu is baking, place baguette slices on a small baking sheet and place in oven to toast for about 5 minutes, until browned and crisp.

To arrange sandwiches, place one toast on a serving dish, layer with one-fourth of the lettuce leaves, 1 slice of baked tofu, and top with 1 slice tomato. Repeat to make 4 open-face sandwiches.

Serve immediately.

Nutrition info per serving: 204 calories. 7g total fat. 1g saturated fat. 1mg cholesterol. 453mg sodium. 16g carbohydrates. 3g fiber. 2g sugars. 14g protein.



ORANGE DREAMSICLE SMOOTHIE

A small glass of orange juice is great for a morning pick up, but this refreshing orange smoothie is a full meal, packing fiber and protein alongside naturally occurring sugar from vegetables and fruit like Earthbound Farm Organic Oranges. This recipe comes to us from Myra Mingo of *The Happy Health Freak*.

INGREDIENTS {MAKES 1}

- 1 medium orange (or 2 mandarins)
- 1 small frozen banana
- 1 small carrot, peeled
- 1 cup unsweetened almond milk
- ½ scoop vanilla protein powder
- 1 teaspoon orange zest
- ½ teaspoon pure vanilla extract
- Few ice cubes (use more if you're not using frozen fruit)
- Few drops of liquid stevia*
**optional*

RECIPE

Add all the ingredients to a blender and blend on high until smooth.