

Easy Egg Muffins



A great on-the-go breakfast you can fill with vegetables, make ahead of time and store in the fridge for up to one week!

Ingredients

Makes 12 muffins

- 8 Large Eggs
- 1/2 Red Bell Pepper, finely diced
- 1 Cup Onion, finely diced
- 1 Cup Broccoli, finely chopped
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon Black Pepper, ground
- 1/2 Cup Cheese of Choice
- 1/2 teaspoon Salt-Free Creole Seasoning

Instructions

1. Preheat the oven to 375 °F and spray a muffin tin with cooking spray.
2. In a large bowl toss to combine all vegetables.
3. Fill each tin just over halfway with the vegetable mixture.
4. In a medium mixing bowl, gently whisk the eggs with salt, pepper, and salt-free Creole seasoning.
5. Fill each muffin tin with roughly 3 Tablespoons of whisked egg, being careful to not overfill the tins.
6. Bake the muffins for approximately 20 minutes.
7. Let cool for five minutes and then enjoy!

Adapted from culinarymedicine.org

Creamy Radish & Cucumber Salad



Ingredients

Serves 4 (as a side)

- 1 cucumber thinly sliced
- 20 radishes (2 bunches), trimmed and thinly sliced
- 1/2 cup chives or green onion (1 bunch), chopped
- 3/4 cup sour cream (See Recipe Notes below.)
- 3/4 tsp sea salt or add to taste

Instructions

1. In a medium salad bowl, combine sliced cucumbers, sliced radishes and chopped green onion.
2. Just before serving, add 3/4 cup sour cream and 3/4 teaspoon salt or add salt to taste. Stir to coat the salad in dressing.

Recipe Notes

- Regular sour cream gives the most original flavor, but for a low fat version, use low fat sour cream or a plain Greek Yogurt.

Adapted from natashaskitchen.com



Essential Pantry Spices



We try to keep it simple at FoodShare and so our recipes will try to do the same. These are the most frequently used spices in our recipes that we share with you.

What to include in your Pantry/Spice Cabinet:

- Salt & Pepper
- Garlic Powder (granulated is easier to digest)
- Onion Powder
- Smoked Paprika
- Oregano
- Cumin
- Chili powder
- Italian Seasoning
- Cinnamon
- Nutmeg
- Ground Ginger

*Fun fact, these last three spices are what make **Pumpkin Spice flavor**, adding a dash of cloves, if desired. Try making your own at home! Autumn, the official "Everything Pumpkin Spice Season," is just around the corner!*

5-Minute Grape Sorbet

This easy treat comes together in just minutes and is a great refresher on these last hot days of summer. And the best part? You only need three ingredients!



Ingredients

- 3 cups white grapes
- 2 Tablespoon sugar or honey
- 1 teaspoon lemon zest finely grated
- 1 teaspoon lemon juice

Instructions

1. Rinse grapes thoroughly with water, drain in colander or on a paper towel.
2. Remove grapes from stem and arrange onto a plate or baking sheet in a single layer. Place in freezer and freeze until solid, at least 4 hours.
3. Using a food processor or blender, puree frozen grapes, scraping down the sides as needed. Add sugar (or honey) lemon zest and lemon juice and puree until smooth.
4. Scoop into small bowls and serve!
5. You can store in a freezer-safe container for 1 to 2 months..

Adapted from liveeatlearn.com

Sheet Pan Supper: Chicken, Red Onion & Plum



It's the time of year when we all want dinner simply on the table. With a little preparation in advance and a sheet pan full of color, this delicious meal lets you sit back for a few minutes until dinner is ready.

Ingredients

Serves 4-6

- 1 teaspoon grated lemon or orange zest
- 4 garlic cloves, finely grated or minced
- 2 teaspoons honey
- 1/4 teaspoon ground allspice
- Large pinch red-pepper flakes, or to taste
- 1 chicken (about 3 1/2 pounds) bone-in thighs or your favorite parts
- Kosher salt and black pepper
- 2 cups ripe, soft plums, pitted and cut into 3/4-inch thick slices
- 6 fresh thyme sprigs
- 1 medium red onion, peeled sliced 1/2-inch wedges
- Extra-virgin olive oil, for drizzling
- 2/3 cup torn mint, basil or cilantro leaves (or a combination if you have them)

Instructions

1. In a large bowl, stir in lemon juice, zest, garlic, honey, allspice and red-pepper flakes.
2. Season chicken generously all over with salt and pepper and add to the bowl, turning the pieces to coat them with marinade. Mix in plums and thyme sprigs. Refrigerate for at least 2 hours or up to 24 hours.
3. Preheat oven to 425 °F. Line a rimmed baking sheet pan with foil or parchment (makes clean-up easier). Place chicken pieces, plums, and thyme sprigs on the pan. Spread onions around the chicken and plums. Season lightly with salt and drizzle with olive oil.
4. Roast until chicken is golden and cooked through, 30 to 45 minutes, removing the white meat if it's done before the dark meat.
5. Transfer chicken pieces as they are done to a platter. Spoon the plums and onions around the chicken. Drizzle a little of the pan drippings over the chicken and serve, garnished with the herbs and flaky salt.
6. Serve over rice pilaf, grits or flatbread.

Adapted from cooking.nytimes.com