



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Mostly Greens Frittata

Make an old favorite green.

Ingredients

8 whisked eggs seasoned with coarse salt and freshly ground pepper
1 1/2 cups chopped blanched spinach
1/2 cup grated Gruyère
2 tbsp unsalted butter
1 tbsp minced garlic

TO PREPARE: Preheat oven to 400° F. Melt butter in an 8-inch cast-iron skillet. Add minced garlic and cook until soft (about 1 minute). Add spinach and heat through. Add eggs to skillet and cook, pushing eggs into center to create curds, until almost set, 3 minutes. Sprinkle with Gruyère. Bake until set and golden, about 12 minutes.

Source: marthastewart.com



Quinoa, Spinach and Feta Scramble

Healthy and delicious!

Ingredients

8 large eggs
1/2 tsp sea salt
3 tbsp olive or coconut oil
1/2 cup cooked quinoa
1/2 cup baby spinach, roughly chopped
1 large tomato, cored and diced into 1" pieces
1/4 cup plus 2 tbsp crumbed feta, divided
4 slices whole grain toast for serving

TO PREPARE: In a large bowl, whisk eggs with salt. In a large nonstick skillet, heat oil over medium heat. Add beaten eggs and begin to scramble with a rubber spatula.

Immediately add quinoa, spinach, and tomato, and continue to scramble. Reduce heat to low and stir mixture continuously until set, about 4 minutes. Fold 1/4 cup feta into eggs and remove skillet from heat.

Divide among 4 plates and top each with 1/2 tsp feta. Serve with toast.

Source: omagicircle.com

Chopped Salad

Healthy and delicious salad option.

Ingredients

Sea salt
2 tbsp red wine vinegar
1 tbsp lemon juice
1/2 tbsp Dijon mustard
1 small garlic clove, minced
1/4 tsp ground black pepper, plus more to taste
1/4 cup olive or coconut oil
1/2 pound green beans, trimmed and cut into 1/2" pieces
2 medium carrots, cut into 1/2" pieces
2 ribs celery, cut into 1/2" pieces
1 red bell pepper, cored and cut into 1/2" pieces
1/3 cup finely chopped red onion
1 head romaine, chopped
1 large ripe avocado, peeled, pitted and diced
1/4 cup finely grated Parmesan cheese

TO PREPARE: Bring a large pot of water to boil. In a large bowl whisk together vinegar, lemon juice, mustard, 1/2 tsp salt, garlic and black pepper. Whisk in oil.

Add green beans and carrots to boiling water and cook until just tender, about 3 minutes. Add corn and cook 1 minute more.

Drain in a colander and rinse in cold running water until completely cool. Transfer to bowl with vinaigrette.

Add tomatoes, celery, black pepper and onion and toss well. Set aside to let marinate for 30 minutes.

Add romaine, avocado, Parmesan, and salt and pepper to taste. Toss gently to combine.

Serve immediately.

Source: omagicircle.com

Five-Ingredient Chocolate Chip Cookies

Tasty, easy, gluten-free cookies!

Ingredients

1 cup almond butter
1 cup semisweet chocolate chips
1/2 cup packed light-brown sugar
2 large eggs
1/2 tsp sea salt

TO PREPARE: Preheat oven to 350° F. In a bowl, stir in almond butter, chocolate chips, sugar, eggs, and salt until a dough forms.

Place 1 tbsp mounds of dough 1 inch apart on parchment-lined baking sheets. Bake cookies until puffed and tops are set, about 10 minutes.

Transfer to a wire rack; let cool. Cookies can be stored in an airtight container up to 3 days.

Source: marthastewart.com