



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 2 Recipes

BGs (Breakfast Greens)

1. Place greens in a bowl.
2. Cut the orange into bite-sized pieces and add to the bowl.
3. Squeeze any remaining juice from the orange peel over the top.
4. Add remaining ingredients.

Variations

The possibilities are nearly endless. We typically limit BGs to about 6 ingredients to keep them simple, light, and easy to prepare.

Almost any combination of fruit, vegetables, whole grains, legumes, nuts, seeds, or herbs will work well. Cabbage is an especially good addition as it complements leafy greens. You can also use citrus juice—such as grapefruit, lemon, or lime—to brighten and flavor the greens.

Veggie Stash

1. Wash all ingredients thoroughly.
2. Cut, chop, or slice as desired.
3. Arrange neatly in a small cup or bowl for easy access or snacking.

Mirepoix

1. Chop, slice, or dice an onion and place it in a pan over medium heat. Do not add oil or butter. If needed, add 1–2 tablespoons of water to prevent sticking.
2. After a few minutes, add sliced carrots.
3. After another 1–2 minutes, add celery.
4. Add garlic and apple (if using).
5. Cook for an additional 1–2 minutes, until softened and fragrant.

Breakfast Veggies

1. Add any combination of vegetables to the mirepoix, in any quantity you prefer.
2. You may sauté them together with the mirepoix or cook separately and add the finished mirepoix at the end.

Pasta (or Grain Base Bowl)

1. Cook quinoa in a stovetop or electric pressure cooker according to package directions. It's typically something like, rinse in fine-mesh strainer, put 1 cup quinoa and 2 cups water in a pot, bring to a boil on high heat, then simmer for about 15 minutes until done
 - Alternatively, cook pasta, spaghetti squash, or other grain bases according to their instructions.
2. Once cooked, add sauce ingredients such as:
 - Tomatoes
 - Tomato paste
 - Vegetable broth (optional)
 - Herbs and spices
3. Stir in:
 - Mirepoix
 - Beans
 - Olives and/or almonds (optional)
4. Mix well and serve.

Variations

You can substitute the base with:

- Spaghetti squash
- Brown rice, wild rice, barley, or other whole grains
- 100% whole grain pasta

Additional serving ideas:

- Serve over baked potatoes
- Serve over greens such as arugula, kale, or baby spinach
- Mix and match any type of beans or legumes

You can do it when you make it fun!