



Spicy Shredded Brussels Sprouts & Eggs

1 serving
25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/4 cup Shallot (chopped)
- 2 cups Brussels Sprouts (trimmed, shredded)
- 1/2 tsp Garlic Powder (divided)
- 1/2 tsp Sea Salt (divided)
- 4 Egg
- 1/4 tsp Paprika
- 1/2 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	437
Fat	24g
Carbs	25g
Fiber	8g
Protein	32g
Calcium	203mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat the oil in a large oven-safe pan over medium heat.
- 3 Add the shallot and sauté for two to three minutes or until softened. Add the Brussels sprouts, half of the garlic powder and half of the salt. Sauté for three to five minutes or until the sprouts have softened.
- 4 Make a pocket for each egg in the Brussels sprouts. Crack an egg into each pocket. Season with the remaining garlic powder, the remaining salt, and paprika.
- 5 Place the pan in the oven and cook for eight to ten minutes, or until the whites are set and the yolks are cooked to your preference. Note: the eggs will continue to cook when they come out of the oven.
- 6 Top with chili flakes and enjoy!

Notes

Leftovers: Best enjoyed fresh.

No Garlic Powder: Use fresh garlic, chopped onions, and/or garlic salt instead.



Spicy White Bean Tomato Skillet

2 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 1/2 cup Vegetable Broth (divided)
- 1 cup Cherry Tomatoes
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1/3 cup Passata
- 1 1/2 cups Lima Beans (cooked)
- 1 1/2 cups Cannellini Beans (cooked)
- 3 cups Baby Spinach
- 1 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	429
Fat	8g
Carbs	71g
Fiber	21g
Protein	20g
Calcium	145mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the onions and sauté for three to four minutes. Add a splash of broth if needed.
- 2 Add the tomatoes, salt, and pepper, and sauté for five to six minutes or until the tomatoes blister. Add the garlic and sauté for another 30 seconds. Stir in the remaining broth and passata.
- 3 Bring to a boil then stir in the beans. Reduce to a simmer and cook for eight to ten minutes.
- 4 Stir in the spinach and cook for another two to three minutes or until it has wilted. Top with chili flakes. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Top with fresh herbs like parsley and/or cilantro.