

GRAINS & GREENS BREAKFAST BOWL

YIELD: 100 bowls

Chef Sam Icklan

This seasonally inspired recipe is written to be “evergreen,” meaning that it’s flexible enough to change with the seasons and the availability of a variety of fresh produce. At the peak of summer, try adding fresh tomatoes or roasted corn. In the fall and winter, roasted root vegetables would make a hearty addition. In springtime, substitute the garlic in the recipe for ramps (if you can get them!). A whole host of toppings would be right at home in this breakfast bowl, and are yet another way to bring in seasonal, local produce.

INGREDIENTS

- 9.4# brown rice, dry
- 2# quinoa, dry
- ¼ cup vegetable oil
- 7.3# callaloo, spinach or kale (trimmed, stems removed)
- 8 cloves fresh garlic, minced
- 2 No. 10 cans black beans, drained and rinsed
- 2 TBSP ground cumin
- 3 TBSP Cajun seasoning
- 2 tsp salt
- 100 large eggs, scrambled or hard-boiled (peeled & cut in half lengthwise)

DIRECTIONS

1. Cook rice and quinoa according to directions on the package. Mix grains together, cover and place in warmer.
2. Using the tilt skillet, heat oil over medium high. Sauté callaloo until leaves begin to wilt, add garlic and continue cooking until garlic is fragrant and greens are tender. Be mindful not to overcook them.
3. Add black beans, rice and quinoa mixture, cumin, Cajun seasoning and salt to tilt skillet with greens. Mix ingredients well and cook together for 2–3 minutes. Remove from heat, cover and set aside until ready to serve.
4. To serve, scoop 6 oz. of grains and greens mixture into a bowl and top with 1 hard boiled egg, or 2 oz. of scrambled eggs. Choose from a variety of additional toppings and serve.

ADDITIONAL TOPPINGS

- Shredded Cheddar Cheese
- Roasted Pepper Hot Sauce
- Pickled Red Onions
- Roasted Corn & Tomato Salsa
- Nut-Free Basil Pesto

RECIPE NOTES - GRAINS & GREENS BREAKFAST BOWL

Recipe credits as 2.25 oz. M/MA, 1 oz. grain equivalent and 1/4 cup dark green vegetable
Nutritional information per serving*: 336 calories; 2 g sat. fat; 200 mg sodium; 51 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*