

# Spinach & Sausage Frittata

By: *Run Fast, Cook Fast, Eat Slow*

**Cook Time:** 25 minutes

**Total time:** 35 minutes

**Yield:** 6 servings

## Ingredients

- 9 eggs
- 1/4 cup plain whole milk yogurt
- 1 tsp dried oregano
- 1/4 tsp fine sea salt
- 1 Tbsp extra virgin olive oil
- 2 mild Italian sausages (chicken or pork), chopped
- 1/2 yellow onion, chopped
- 4 cups baby spinach
- 1/2 cup grated Parmesan



## Directions

1. Preheat oven to 375°F. In a large bowl, whisk together the eggs, yogurt, oregano, and salt. Set aside.
2. Heat the oil in a 10-in to 12-in oven-safe skillet over medium-high heat. Add the sausage and onion and cook, stirring occasionally, until they begin to brown, about 5 minutes. Add the spinach and cook until just wilted. Remove skillet from heat.
3. Pour the egg mixture over top and lightly stir to evenly spread out the sausage and spinach. Sprinkle Parmesan on top.

## Yogurt-Drop Biscuits *by Christine Gally*

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Yield:** 9 plain biscuits—more with add-ins

## Ingredients

- 1 1/2 cups self-rising flour
- 1 1/2 cups plain whole-milk Greek yogurt

## Directions

1. **Heat the oven:** Arrange a rack in the middle of the oven and heat to 400°F. Line a baking sheet with parchment paper.
2. **Mix the dough:** place the flour, yogurt, and any add-ins in a large bowl. Mix with a wooden spoon or rubber spatula until a moist, shaggy dough forms and no dry bits of flour remain.
3. **Drop the dough:** using a 1/4 measuring cup, drop the dough onto the baking sheet, spacing the biscuits at least 1 1/2 inches apart.
4. **Bake the biscuits:** bake until golden-brown in spots on top, 15-20 minutes. Let cool slightly before serving.

### Optional add-ins:

- 1/4 cup finely chopped parsley, oregano, basil, cilantro, or chives
- 1/2 cup cheddar, Swiss, or Parmesan cheese
- 1/2 cup crumbled feta or blue cheese
- 1/2 cup small-dice ham or crumbled, cooked bacon

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Yield:** 7 cups

### Ingredients

- 2 Tbsp olive oil
- 1 large bunch kale, collards, chard, or mustard greens—stems removed, and roughly chopped
- 2 cloves garlic
- 1/8 tsp red pepper flakes
- Fresh lemon juice
- Sesame seeds (optional garnish)

### Directions

1. Heat the oil in a large skillet over medium heat. Add the greens and cook, stirring frequently, until wilted—about 2 to 4 minutes (collards take longer to cook than kale).
2. Add garlic, a squeeze of fresh lemon juice, and red pepper flakes and sauté for 1 minute. Remove pan from the heat and sprinkle with sesame seeds, salt, and pepper to taste.



## Strawberry Chia Parfait *By: Run Fast, Cook Fast, Eat Slow*

**Total Time:** 25 minutes, and 2 hr+ chill time

**Yield:** 8 servings

### Ingredients

#### *Chia Seed Pudding*

- 1 cup plain whole milk yogurt
- 1 cup unsweetened almond milk
- 1/2 cup chia seeds
- 1/4 cup honey
- 2 tsp vanilla
- 1/8 tsp fine sea salt

#### *Strawberry-Rhubarb Compote*

- 3 cups quartered strawberries, stems removed (about 1 lb)\*
- 2-3 Tbsp honey, depending on sweetness of berries
- 2 Tbsp water

**\*\*can use frozen strawberries, thawed, or sautéed apples**

### Directions

1. To make the pudding: in a medium bowl, combine the yogurt, milk, chia seeds, honey, vanilla, and salt.
2. Cover and refrigerate overnight (or at least 2 hours).
3. To make the compote: in a medium sauce pan, combine the strawberries, honey, and water. Simmer uncovered, stirring occasionally, until the sauce thickens, about 15 minutes. Cool completely (will thicken) before assembling.
4. To assemble: layer the chia pudding, then the compote in 4 or 5 half-pint glass jars, repeat these layers a second time. Top with granola, chopped nuts, or shredded coconut.

