

Shopping List: Spring Holiday Brunch

Fresh Produce

1 lb asparagus
1 cup chopped ripe banana,
thin-sliced apple, or frozen
blueberries (*optional*)
6 cups mixed salad greens, *torn or cut*
3 medium tomatoes, *chopped*
5 green onions, *chopped*
1 small cucumber *peeled and chopped*
3 tablespoons lemon juice (*1 lemon*)
1 large avocado, *peeled*
2 bunch radishes
2 tablespoon chopped fresh herbs (*or*
2 tsp dried)
2 cups fresh or frozen fruit
4 tablespoons 100% fruit spread

Dry Goods

1 cup granola or dry cereal
Wheat germ or flaxseed oil (*optional*)

Dairy

4 eggs
¼ cup parmesan cheese
1 cup milk and non-dairy alternatives
1 cup plain yogurt

Pantry Staples

1 teaspoon vegetable oil or butter
1 cup whole wheat flour
2 teaspoons baking powder
Garlic powder
Olive oil
Salt and pepper



Are you planning a festive
brunch this holiday weekend?
Make your friends and family a
holiday meal to remember with my
collection of seasonal recipes that
celebrate the fresh tastes of spring!

Asparagus with Fried Eggs

Makes 4 servings. $\frac{2}{3}$ recipe per serving.
Ready in 15 minutes.

Ingredients

1 lb asparagus
3 eggs
 $\frac{1}{4}$ cup parmesan cheese
3 teaspoons olive oil
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Directions

1. Steam asparagus in a pan with shallow water until tender, 5-7 minutes. You may also in a covered bowl in a microwave with 1 T water for 5 minutes.
2. Spray a skillet with nonstick spray. Heat over medium-high heat. Crack eggs into skillet and cook until egg yolk is partially cooked.
3. Place steamed asparagus on a plate and drizzle each portion with 1 tsp olive oil.
4. Remove egg from skillet with a spatula and place on top of the asparagus. Sprinkle each serving with 1 T parmesan cheese, salt and pepper.

Nutrition information per serving: Total calories: 118 Total fat: 7.8 g Saturated fat: 2.4g
Carbohydrates: 5g Protein: 8.2 g Fiber: 5.3 g Sodium: 430 mg

Recipe Source: Leah's Pantry

Whole Wheat Pancake

Makes 4 servings. $\frac{1}{4}$ recipe or slice per serving.
Ready in 30 minutes.

Ingredients

- 1 teaspoon vegetable oil or butter
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1 egg
- 1 cup milk and non-dairy alternatives
- $\frac{1}{4}$ teaspoon salt
- 1 cup chopped ripe banana, thin-sliced apple, or frozen blueberries (*optional*)

Directions

1. Put oil or butter in skillet and heat for a moment on medium-low.
2. Mix other ingredients well in a bowl.
3. Spoon $\frac{1}{4}$ cup batter into the hot skillet.
4. Once pancake is bubbling and dry around the edges, flip it.
5. Cook for about 3 minutes more, or until the center of the pancake is completely dry.
6. Repeat until the batter is finished.

Chef Tips

Rice Cooker Directions:

1. Grease a rice cooker with butter or oil.
2. Mix other ingredients well in a bowl.
3. Pour batter into the rice cooker.
4. Cook for 1–2 cycles, or until the cake is dry in the middle.
5. Remove dish from rice cooker and flip it onto a plate. The pancake should pop out.
6. Slice the pancake in 4 and serve.

Nutrition information per serving: Total calories: 212 Total fat: 4 g Saturated fat: 1g
Carbohydrates: 38g Protein: 8 g Fiber: 5 g Sodium: 376mg

Recipe Source: Leah's Pantry

Roasted Radishes

Makes 4 servings. $\frac{3}{4}$ cup per serving.
Ready in 15 minutes.

Ingredients

2 bunch radishes
2 tablespoon lemon juice
2 tablespoon chopped fresh herbs or 1 tsp dried
 $\frac{1}{2}$ teaspoon salt
2 teaspoons olive oil

Directions

1. Trim ends off radishes and slice in half.
2. Place on a baking sheet. Toss with olive oil and salt.
3. Roast at 425 degrees for 10 minutes.
4. Remove baking sheet from oven and place radishes in a serving bowl.
Toss with lemon juice and herbs.

Chef Tips

Have extra radishes? Add sliced raw radishes to the **Avocado Garden Salad** (p. 5)

Nutrition information per serving: Total calories: 41 Total fat: 2.4g Saturated fat: 0.4g
Carbohydrates: 4.5g Protein: 0.8g Fiber: 2.4g Sodium: 343mg

Recipe Source: Leah's Pantry

For more meal plans and recipes, visit <http://eatfresh.org>

Avocado Garden Salad

Makes 6 servings. 1 ½ cup per serving.
Ready in 20 minutes.

Ingredients

6 cups mixed salad greens, *torn or cut*
3 medium tomatoes, *chopped*
5 green onions, *chopped*
1 small cucumber, *peeled and chopped*
2 tablespoons lemon juice
⅓ teaspoon garlic powder
½ teaspoon ground black pepper
½ teaspoon salt
1 large avocado, *peeled*

Directions

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt; stir with fork or whisk. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about ⅛ inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Nutrition information per serving: Total calories: 78 Total fat: 5g Saturated fat: 1g
Carbohydrates: 9g Protein: 2g Fiber: 4g Sodium: 222 mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (CA Department of Public Health)

For more meal plans and recipes, visit <http://eatfresh.org>

Yogurt Parfaits

Makes 4 servings. 1 cup per serving.
Ready in 15 minutes.

Ingredients

2 cups fresh or frozen fruit
1 cup plain yogurt
4 tablespoons 100% fruit spread
1 cup granola or dry cereal
Wheat germ or flaxseed oil (*optional*)

Directions

1. Wash and cut fruit into small pieces.
2. In a bowl, mix the yogurt and fruit spread together.
3. Layer each of the four parfaits as follows:
 - a. fruit
 - b. yogurt
 - c. granola (repeat)

Chef Tips

Combine all ingredients except the granola the night before for a quick assembly.

Save food costs and look for fresh fruit that is season for spring such as berries.

Nutrition information per serving: Total calories: 294 Total fat: 6.4 g Saturated fat: 1.4g
Protein: 7g Fiber: 4.6 g Sodium: 96 mg

Recipe Source: Leah's Pantry

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