

## *Frittata with Red Pepper & Potatoes*

\*1 large onion, diced \*5 small Yukon potatoes, diced \*1 medium red bell pepper, diced \*1 ½ tsp. dried thyme \*10 eggs, whisked until frothy \*4 ozs. Gouda, cut into cubes

Preheat the oven to 400°F. Warm a tsp. of olive oil in a 10- to 12-inch oven-safe skillet over medium-high heat. When the oil is hot, add the onions & a pinch of salt. Sauté until the onions are translucent & just starting to turn brown, 5 to 7 minutes. Stir in the potatoes & another pinch of salt & lower the heat to medium. Cover & let the potatoes steam for 4 to 5 minutes. Uncover & stir in the peppers & thyme. Re-cover the pan & continue steaming for another 4 to 5 minutes, or until the potatoes are tender. Taste & adjust the seasonings. Scatter the cubes of Gouda evenly over the vegetables, then pour the eggs over top. Shake & tilt the pan to make sure the eggs are evenly distributed. Put the entire pan in the oven & bake for 8 to 10 minutes, until the eggs are completely set & beginning to pull away from the sides & a knife inserted in the middle comes out clean. Let the frittata cool for a few minutes & then slice it into wedges. Serve this frittata with a simple green salad and a crusty piece of bread. Leftovers will keep for 5 days and are excellent eaten hot or cold!

## *Couscous & Lentil Stuffed Peppers*

\*2 bell peppers, halved lengthwise \*1 Tbsp. olive oil \*salt & pepper \*1/4 cup lentils, sorted & rinsed \*3/4 cup veggie broth \*1 bay leaf \*1/2 Tbsp. olive oil \*1/2 small onion, chopped \*1 cloves garlic, minced \*1/4 can diced tomatoes \*1/4 cup whole wheat couscous \*1/4 cup veggie broth \*1/4 cup crumbled feta \*1/2 Tbsp. olive oil \*1/2 Tbsp. lemon juice \*1 Tbsp. dried basil \*1/8 tsp. salt \*small dash red pepper flakes  
Preheat oven to 400 degrees & line a large, rimmed baking sheet with parchment paper. Place the prepared peppers on the sheet & drizzle with olive oil. Use your hands to rub the oil all over both sides of the

Peppers & arrange them with the cut side up & sprinkle them with salt & pepper. Bake for 20 to 25 minutes, until the peppers are tender & a little blistered around the edges. Meanwhile, combine the lentils, broth or water & bay leaf in a small pot. Bring to a boil over medium-high heat, then reduce heat to maintain a gentle simmer & cook until the lentils are tender, about 23 to 25 minutes. (Add another splash of water if necessary to prevent the lentils from scorching.) Drain off the excess water & return the lentils to the pot. Discard the bay leaf. While the lentils cook, warm 1 Tbsp. olive oil in a heavy-bottomed, medium pot over medium heat. Add the chopped onion & a sprinkle of salt. Cook, stirring occasionally, until the onions have softened & are turning golden on the edges, about 10 to 12 minutes. Add the garlic & tomato & cook until fragrant, about 30 seconds. Remove from heat & pour in the couscous and ½ cup broth or water. Cover & set aside for 5 minutes, then remove the lid & fluff the mixture with a fork. In a medium serving bowl, combine the cooked lentils & couscous. Add the crumbled feta, 1 Tbsp. olive oil, 1 Tbsp. lemon juice, basil, ¼ tsp. salt & red pepper flakes. Stir to combine & season to taste with additional salt, pepper & lemon juice, if necessary. Spoon a generous amount of filling into each roasted pepper halve & sprinkle with a little more chopped basil.

## *Parmesan Crispy*

### *Baked Potatoes*

\*1/2 cup grated Parmesan cheese \*1 tsp. garlic powder \*6-8 small Yukon gold potatoes, cut lengthwise in half \*3 Tbsp. butter, melted  
Heat oven to 400°F.  
Combine cheese & garlic powder in shallow dish. Dip cut-sides of potatoes in butter, then in cheese mixture. Place, cheese sides down, on baking sheet; drizzle with any remaining butter. Bake 30 to 35 min. or until potatoes are tender.

## *Cauliflower crust breadsticks*

\*1 small head cauliflower, cut into small florets \*1 egg, lightly beaten \*1/2 cup shredded mozzarella cheese \*2 gloves garlic, grated or minced \*1 Tbsp. olive oil \*1/2 tsp. salt \*1/2 tsp. dried Italian herb seasoning \*1/4 tsp. pepper  
Toppings: 2 Tbsp. shredded mozzarella cheese, A pinch of Italian herb season or marinara sauce  
Preheat the oven to 350°F & line a loaf pan with parchment paper so that the excess paper hangs over the sides; lightly grease the parchment paper. Set aside. Heat the olive oil in a small pan over low heat; add the garlic & cook until fragrant, about 1 minute max. Turn the heat off & set aside. In a food processor rice the cauliflower florets (it should be evenly chopped but not completely pulverized). Transfer cauliflower rice to a microwave-safe dish & microwave on high for 8 minutes, until cooked. Place the cauliflower rice in a tea towel and twist it to squeeze as much moisture as you can. This is very important. The cauliflower rice needs to be dry, otherwise you'll end up with mushy breadsticks. Transfer the cauliflower rice to a mixing bowl, add egg, mozzarella, Italian herb seasoning, garlic oil, salt & pepper & mix well. Spread cauliflower mixture in the prepared loaf pan. Bake until the loaf is set & starting to turn golden, about 25 to 30 minutes. In the meantime, line a baking sheet with a piece of parchment paper. When the "loaf" is cooked, use the parchment paper to lift out of the loaf pan & carefully flip it over onto the lined baking sheet (so the bottom is on top). Bake for further 10 minutes until golden. Take it out of the oven & preheat the broiler. Sprinkle cheese & Italian herb seasoning on top of the loaf.  
Broil a couple minutes until the cheese is melted & golden in spots. Let cool a couple of minutes before cutting into (10) sticks. Serve hot or warm or cold (if you let it cool the crust will harden & it will be easy to hold.)