

1 Ingredients

Bibimbap (Serves 4)

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

Eggplant Parmesan

- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil

Bibimbap (Serves 4)

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

Sausage and Gravy (Serves 4)

- 1 lb sausage
- 1/4 cup flour
- 2.5 cups of milk
- 1 can of biscuits
- Optional: eggs

2 Dinner Recipe One

Bibimbap (Serves 4)



Ingredients

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

Instructions

- Cook 1/2 cup rice according to package instructions.
- Thinly slice mushrooms, mince garlic. Trim stem ends and strings from snap peas.
- Combine garlic, gochujang, 1 tsp sesame oil, and mayonnaise. Mix in water 1 tsp at a time until sauce can be drizzled.
- Cook mushrooms in a bit of oil until lightly browned.
- Add sugar snap peas and cook for 3-4 minutes.
- Add spinach and cook until wilted.
- Add 2 tsp sesame oil and a pinch of salt and pepper.
- Fry 4 eggs.
- Divide rice, kimchi, stirfried vegetables, and eggs between bowls. Drizzle with gochujang sauce.

3 Dinner Recipe Two

Eggplant Parmesan



Ingredients

- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil

Instructions

- Cut ends off eggplant, peel, and slice eggplant lengthwise into 4 slices. Mince garlic and shallot. Zest lemon, cut into wedges and juice half of them. Roughly chop basil.
- Coat eggplant in olive oil and season with salt and pepper. Cook in an oven at 425 degrees for 20 minutes, flipping halfway.
- Mix half the garlic, and the mozzarella, breadcrumbs and 1 tablespoon olive oil.
- Cook remaining garlic, shallot in olive oil. Add Italian seasoning and cook until fragrant.
- Add tomatoes, and a pinch of salt and pepper. Simmer until thickened, about 10 minutes.
- Cook couscous according to package instructions. Remove from heat and stir in lemon zest and juice, half the basil, and a tablespoon of olive oil.
- Top eggplant with tomato sauce and breadcrumbs, and cook an additional 5-10 minutes.
- Serve topped with remaining basil and lemon.

4 Dinner Recipe Three

Bibimbap (Serves 4)



Ingredients

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

Instructions

- Cook 1/2 cup rice according to package instructions.
- Thinly slice mushrooms, mince garlic. Trim stem ends and strings from snap peas.
- Combine garlic, gochujang, 1 tsp sesame oil, and mayonnaise. Mix in water 1 tsp at a time until sauce can be drizzled.
- Cook mushrooms in a bit of oil until lightly browned.
- Add sugar snap peas and cook for 3-4 minutes.
- Add spinach and cook until wilted.
- Add 2 tsp sesame oil and a pinch of salt and pepper.
- Fry 4 eggs.
- Divide rice, kimchi, stirfried vegetables, and eggs between bowls. Drizzle with gochujang sauce.

5 Breakfast Recipe

Sausage and Gravy (Serves 4)



Ingredients

- 1 lb sausage
- 1/4 cup flour
- 2.5 cups of milk
- 1 can of biscuits
- Optional: eggs

Instructions

- Cook biscuits according to package instructions.
- Cook sausage in a stock pot.
- Once sausage is cooked add 1/4 cup flour and cook for 2-3 minutes.
- Add milk 1/2 cup at a time, stirring frequently.
- Season with a lot of pepper.
- Top biscuits with sausage gravy and eggs (optional).