

1 Ingredients

Grocery List

- 6 Stella D'oro breakfast treats
- 1/3 cup sugar
- 1/3 cup butter (melted)
- 3 5.3 oz vanilla yogurt cups
- 1 cup cream cheese (not whipped)
- 2 eggs
- 2/3 cup sugar
- 1/4 cup flour
- 1/4 teaspoon salt
- 1 heaping teaspoon vanilla bean paste
- Various fresh berries, cut into bite-size pieces
- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs
- 1 bag baby arugula (regular is fine, too)
- 1 pound pasta (e.g., bucatini or farfalle)
- 6-8 ounces of fresh or jarred pesto
- 1 lemon
- Grated parmesan cheese
- Pine nuts
- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

2 Recipe One

Figure 1: Pad Thai



Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

Instructions

1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
3. Thinly slice peppers, mince garlic, chop peanuts.
4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
10. Mix in tofu, peppers, and peanuts.
11. Season with salt and pepper to taste. Serve with lime wedges.

3 Recipe Two

Figure 2: The Best Way to Eat Arugula (Serves 4)



Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

Instructions

1. Boil and cook pasta according to box, strain but reserve 1 cup pasta water.
2. In the stock pot used to cook the pasta, add two tablespoons of olive oil and whisk in pesto over medium heat.
3. Whisk in 1/2 cup pasta water, a little more if needed to create a light sauce.
4. Remove sauce from heat and toss cooked pasta in the sauce.
5. Stir arugula in and cover until wilted.
6. Add juice from half a lemon, add more to taste.
7. Serve with parmesan cheese and pine nuts.

4 Recipe Three

Figure 3: Shakshuka



Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

Instructions

1. Chop onion and red pepper. Mince garlic.
2. In a frying pan, heat one tablespoon of oil over medium heat and cook onions for about five minutes.
3. Add crushed tomatoes and cook until boiling. Reduce heat and simmer another 5-10 minutes, until the sauce is thickened.
4. Using the back of a spoon, make four indentations in the sauce. Crack an egg in each indentation. Cook seven minutes longer until eggs are just set.
5. Remove from heat, and sprinkle feta and cilantro.
6. Serve in a bowl with toasted pitas or naan.

5 Breakfast Recipe

Figure 4: Breakfast Cheesecake



Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

Instructions

1. Place Stella D'oro cookies into a Ziploc bag and pulverize.
2. Combine cookie dust, sugar, and melted butter and combine.
3. Push the crust into the bottom of an 8 or 9 inch springform pan.
4. Preheat oven to 325F.
5. Mix the vanilla yogurt cups, cream cheese, eggs, sugar, flour, salt, vanilla bean paste together until smooth. A blender works best, but a hand mixer can work.
6. Pour yogurt mixture on top of the crust in the springform pan.
7. Bake for 55 minutes. Cook a few more minutes if the middle is not yet set.
8. Cool on the counter for about two hours, and then overnight in the refrigerator.
9. Top with berries and serve.