



Very Veggie Egg Bake

Serves 8. Prep Time: 25 minutes, active; 1 hour 15 minutes total.

2 tablespoons extra virgin olive oil	8 large eggs, lightly whisked
1 large onion, chopped	1 cup Greek yogurt, plain, whole-fat
1 large carrot, thinly sliced	½ teaspoon salt
1 lb. frozen hash browns, thawed	½ teaspoon black pepper
10 oz. frozen corn, thawed	½ cup parmesan cheese (optional)
10 oz. frozen broccoli, thawed	
6 tablespoons prepared pesto	

Preparation

Grease a 9x13 baking pan or casserole dish.

Preheat the oven to 375 degrees F. In a large sauté pan, heat the olive oil over medium-high heat, and add the onion and carrot. Cook, stirring, for at least 5 minutes, until the carrots are tender. Add the hash browns, corn and broccoli and stir, turning the vegetables in the pan. Sprinkle the vegetables in the prepared baking pan, and dollop the pesto over the vegetables.

In a medium bowl, whisk the eggs, yogurt, salt and pepper. Drizzle over the vegetables, using your spatula to lift the veggies just enough to allow the eggs to flow around them. Smooth the top, and if desired, sprinkle with parmesan.

Bake for 40–45 minutes, until the eggs and veggies are firm when pressed and golden brown on top.

Serve hot, or let cool completely, cover tightly, and refrigerate for up to 2 days. Reheat at 350 degrees F. in the oven for 20 minutes, or microwave individual slices.

Very Veggie Egg Bake

Ingredient checklist

PRODUCE

- Onion
- Carrot

REFRIGERATED/DAIRY

- Eggs
- Parmesan cheese (optional)
- Greek yogurt

GROCERY

- Pesto
- Olive oil

FROZEN

- Hashbrowns
- Broccoli
- Corn

SPICES/SEASONINGS

- Salt
- Black pepper

Serving suggestion

This tasty breakfast or brunch dish is perfectly complemented by a cold fruit salad or a simple green salad with a vinaigrette.

Nutritional information per serving

320 calories	25 g. carbohydrate
10 g. fat	3 g. fiber
215 mg. cholesterol	14 g. protein
270 mg. sodium	

The nutritional values and information provided are approximations.



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Quick Black Bean Enchiladas

Serves 8. Prep time: 20 minutes active; 50 minutes total.

1 tablespoon extra virgin olive oil	24 corn tortillas
1 small onion, chopped	2 cups shredded Monterey Jack cheese
24-28 oz. enchilada sauce	Chopped avocado, cilantro, sour cream (optional)
2 cans black beans, cooked, drained	
1 cup frozen corn	
1 teaspoon dried oregano	

Preparation

Lightly oil a 9x13 baking pan, and preheat the oven to 375 degrees F.

Drizzle olive oil in a large sauté pan and place over medium-high heat. Add the onions and stir until they start to sizzle. Reduce the heat to low, and stir occasionally for about 10 minutes.

Pour the enchilada sauce in a 1-quart pot. Place over medium-high heat and bring to a boil, then reduce the heat to a simmer. Stir the beans and corn into the sautéed onions and stir in ½ cup of the enchilada sauce. Stir in the oregano.

Place the pot of sauce next to the prepared pan. Warm the corn tortillas, wrapped in damp paper towels, in the microwave for 30–40 seconds, or steam a few at a time in a steamer basket. Let cool slightly. Dip each corn tortilla in sauce, then measure about ¼ cup of the bean mixture into each tortilla. Roll up the tortilla and place in the prepared pan, tucking the filled rolls tightly alongside each other in two rows.

Pour the remaining sauce evenly over the rolls. Spread gently with the back of a spoon. Sprinkle the cheese over the enchiladas.

Bake for 30 minutes, until the cheese is melted and golden brown.

Serve hot. If desired, top with avocado, cilantro or a dollop of sour cream.

Quick Black Bean Enchiladas

Ingredient checklist

PRODUCE

- Onion
- Avocado (optional)
- Cilantro (optional)

REFRIGERATED/DAIRY

- Monterey Jack cheese
- Sour cream (optional)

GROCERY

- Enchilada sauce
- Black beans
- Corn tortillas
- Olive oil

FROZEN

- Corn

SPICES/SEASONINGS

- Oregano

Serving suggestion

Serve these easy enchiladas with a side of rice or quinoa, mixed with tomatoes, corn and olive oil.

Nutritional information per serving

300 calories	31 g. carbohydrate
13 g. fat	7 g. fiber
25 mg. cholesterol	15 g. protein
460 mg. sodium	

The nutritional values and information provided are approximations.



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White Bean and Broccoli Salad

Serves 5. Prep time: 15 minutes.

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| 2 cans navy beans | ¼ cup white wine vinegar |
| 3 cups broccoli florets | 2 cloves garlic, pressed |
| 1 jar roasted red peppers,
drained and patted dry,
then sliced | 1 teaspoon salt |
| 4 scallions, sliced | 1 dash black pepper |
| ¼ cup extra virgin olive oil | |

Preparation

Drain and rinse the beans. Place in a large bowl. Add the broccoli, red bell peppers and scallions.

In a cup, whisk the olive oil, vinegar, garlic, salt and pepper. Pour over the bean mixture, then toss gently to mix.

Refrigerate until time to serve.

White Bean and Broccoli Salad

Ingredient checklist

REFRIGERATED/DAIRY

- Broccoli florets
- Scallions
- Garlic

GROCERY

- Navy beans
- Roasted red peppers
- Olive oil
- White wine vinegar

SPICES/SEASONINGS

- Salt
- Black pepper

Serving suggestion

This incredibly versatile dish can stand on its own or pair with any number of entrees, such as grilled meats (like pork and beef), white fish or veggie burgers.

Nutritional information per serving

310 calories	40 g. carbohydrate
12 g. fat	14 g. fiber
0 mg. cholesterol	14 g. protein
550 mg. sodium	

The nutritional values and information provided are approximations.



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Barbecued Chicken Wrap

Serves 6. Prep Time: 20 minutes.

2 tablespoons mayonnaise	½ cup corn
2 tablespoons Greek yogurt, plain, whole-fat	1 medium Roma tomato, chopped
2 teaspoons fresh lime juice	4 oz. Pepper Jack cheese, shredded
½ teaspoon lime zest	1 lb. chicken breast, chopped
1 clove garlic, pressed	2 tablespoons barbecue sauce
½ teaspoon salt	6 9-inch flour tortillas
4 cups shredded cabbage	

Preparation

In a medium bowl, combine the mayonnaise, yogurt, lime juice and zest, garlic and salt and stir to mix. Add the shredded cabbage and corn and mix well.

Place the chicken in a small sauté pan with the barbecue sauce. Stir over medium heat until the meat is heated through, about 3 minutes.

On each tortilla, place about ⅓ cup chopped chicken, ½ cup cabbage mixture, a few pieces of tomato, and 2 tablespoons cheese. Fold in the sides and roll up the wrap, securing with a toothpick or wrapping tightly with waxed paper.

If desired, the wrap can be assembled and stored in the refrigerator for up to 2 days.

Barbecued Chicken Wrap

Ingredient checklist

PRODUCE

- Lime
- Garlic
- Cabbage
- Corn
- Roma tomato

REFIGERATED/DAIRY

- Green yogurt
- Pepper Jack cheese

MEAT/SEAFOOD

- Chicken breast

GROCERY

- Mayonnaise
- Barbecue sauce
- Flour tortillas

SEASONING

- Salt

Serving suggestion

As the weather warms, these wraps are the perfect picnic fare. Pick your favorite barbecue sauce for a customized level of heat and smokiness. Pair with other picnic favorites like creamy potato salad, couscous or grilled veggies.

Nutritional information per serving

420 calories	38 g. carbohydrate
13 g. fat	5 g. fiber
85 mg. cholesterol	35 g. protein
780 mg. sodium	

The nutritional values and information provided are approximations.



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