



Ham and Gruyère Breakfast Roll

Serves 6. Prep time: 20 minutes active; 50 minutes total.

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|---|-----------------------------|
| 2 8-ounce packages refrigerated crescent roll dough | 2 large scallions, chopped |
| 2 cups shredded Gruyère cheese | ½ teaspoon salt |
| 4 slices ham | 2 teaspoons unsalted butter |
| 8 large eggs, lightly beaten | ¼ cup chopped fresh parsley |

Preparation

Heat oven to 375 degrees F. Line a sheet pan with parchment paper. Without separating the scored triangles of dough, unroll the contents of one package of crescent dough on the pan, to form a rectangle.

Remove the dough from the second package and separate the triangles of dough. Position the triangles along both sides of the dough rectangle, aligning the short edges of the triangles along the vertical border of the rectangle evenly on both sides. Press lightly along the edge to seal triangles to the rectangle. Cover the center rectangle with shredded cheese and sliced ham.

Whisk the eggs, reserving a tablespoon of the egg. Whisk in scallions and salt. In a large sauté pan, warm the butter and scramble the eggs over medium heat, just until soft and slightly runny.

Cover the cheese with the scrambled eggs and parsley, then fold the dough triangles together over the filling, pinching opposing triangles together to seal. Brush the top with reserved egg. Bake for 20 – 25 minutes, until pastry is puffed and deeply golden. Serve hot.

Ham and Gruyère Breakfast Roll

Ingredient checklist

PRODUCE

- ☐ Scallions
- ☐ Parsley

REFRIGERATED/DAIRY

- ☐ Crescent roll dough
- ☐ Eggs
- ☐ Gruyère
- ☐ Butter

MEAT/SEAFOOD

- ☐ Ham

SPICES/SEASONINGS

- ☐ Salt

Serving suggestion

This hearty dish makes for a festive brunch or breakfast, with a platter of fresh seasonal fruit and a simple green salad. Substitute smoked turkey for the ham or, for vegetarians, leave out the meat and add chopped steamed broccoli or asparagus.

Nutritional information per serving

540 calories	39 g. carbohydrate
29 g. fat	0 g. fiber
340 mg. cholesterol	27 g. protein
1400 mg. sodium	

The nutritional values and information provided are approximations.



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Springtime Avocado Toast

Serves 4. Prep time: 20 minutes.

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|---|---|
| 4 ounces fresh goat cheese | 4 slices hearty whole grain bread |
| 1 teaspoon lemon zest | 1 large avocado |
| 2 tablespoons chopped watercress, plus sprigs for garnish | 4 small red radishes or a medium watermelon radish, thinly sliced |

Preparation

In a medium bowl, mash the cheese and mix in the lemon zest and chopped watercress.

Toast the bread. Spread $\frac{1}{4}$ of the cheese mixture on each piece of toast. Halve the avocado lengthwise, carefully remove the pit, then use a paring knife to slice the flesh thinly in the shell. Use a soup spoon to scoop out the slices, and fan $\frac{1}{4}$ of the avocado over each slice of toast. Top with radish slices and garnish with watercress sprigs.

Springtime Avocado Toast

Ingredient checklist

PRODUCE

- ☐ Lemon
- ☐ Watercress
- ☐ Avocado
- ☐ Radish

GROCERY

- ☐ Whole grain bread

REFRIGERATED/DAIRY

- ☐ Goat cheese

Serving suggestion

Having friends over for breakfast or lunch? Try a make-your-own avocado toast buffet, with a couple of choices of hearty bread to toast, additional toppings like tahini, olive oil, chopped fresh tomatoes and cucumbers, and sprinkle-ons like toasted sesame seeds, za'atar, or snipped fresh herbs.

Nutritional information per serving

210 calories	17 g. carbohydrate
14 g. fat	11 g. fiber
10 mg. cholesterol	9 g. protein
250 mg. sodium	

The nutritional values and information provided are approximations.



Baked Falafel

Serves 6. Prep time: 25 minutes active; 1 hour total.

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| 3 tablespoons olive oil | 1 teaspoon black pepper |
| 2 15-ounce cans chickpeas,
drained and patted dry | 1 cup lowfat plain Greek yogurt |
| 1 cup chopped onion | 2 tablespoons tahini |
| 1 cup fresh parsley | 1 tablespoon lemon juice |
| 1 cup fresh cilantro | ½ cup chopped cucumber, peeled
and seeded |
| 6 garlic cloves, minced | ½ teaspoon dried dill |
| ¼ cup chickpea flour | ½ teaspoon salt |
| 1 teaspoon ground cumin | 6 whole wheat pitas |
| 1 teaspoon ground coriander | 1 large tomato, sliced |
| 1 ½ teaspoons salt | |

Preparation

With an oven rack in the middle position, preheat oven to 400 degrees F. Spread half the olive oil onto a heavy sheet pan.

In a food processor, combine the chickpeas, onion, parsley, cilantro, garlic, flour, cumin, coriander, salt and pepper. Pulse about 12 times, to form a coarse paste. Use an oiled tablespoon to scoop rounded 2-tablespoon-sized portions of the mixture, and place on the oiled sheet pan. Lightly oil your palm and flatten the portions to about ½ inch thick. Use your fingertips to smooth the edges of each patty. Drizzle with remaining olive oil.

Bake for 15 minutes, then carefully flip the patties and bake for 15 more minutes. The patties will be golden brown and crispy when done.

While the falafel bakes, stir together the yogurt, tahini lemon juice, cucumber dill and salt in a small bowl. To assemble, cut pitas in half, tuck a serving of falafel in each pita, and add sliced tomato and drizzle with sauce. Serve immediately.

Baked Falafel

Ingredient checklist

PRODUCE

- ☐ Onion
- ☐ Parsley
- ☐ Cilantro
- ☐ Garlic
- ☐ Lemon
- ☐ Cucumber
- ☐ Tomato

BULK

- ☐ Olive oil

GROCERY

- ☐ Canned chickpeas
- ☐ Chickpea flour
- ☐ Tahini
- ☐ Whole wheat pitas

REFRIGERATED/DAIRY

- ☐ Greek yogurt

SPICES/SEASONINGS

- ☐ Cumin
- ☐ Coriander
- ☐ Dried dill
- ☐ Salt
- ☐ Pepper

Serving suggestion

Pick up your favorite prepared hummus from the co-op, add a platter of raw veggies, and you have a meal. Or grab some tabouli from the deli to stuff into the sandwiches or serve as a side salad.

Nutritional information per serving

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|-------------------|--------------------|
| 480 calories | 71 g. carbohydrate |
| 14 g. fat | 14 g. fiber |
| 5 mg. cholesterol | 21 g. protein |
| 1260 mg. sodium | |

The nutritional values and information are approximations, and ingredient costs are estimated.

Two Berry Picnic Salad

Serves 4. Prep time: 20 minutes active; 1 hour total.

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| 1 cup wheatberries | 3 tablespoons olive oil |
| 1 pound strawberries, hulled and halved | 1 large carrot, shredded |
| 2 tablespoons fresh lemon juice | 2 medium scallions, sliced |
| 2 tablespoons honey | ½ cup fresh mint, slivered |
| ½ teaspoon salt | 2 teaspoons lemon zest |
| ¼ teaspoon freshly ground black pepper | 4 ounces crumbled goat cheese |

Preparation

In a 1-quart pot, bring 4 cups water to a boil. Add the wheatberries and return to a boil, then reduce the heat to a simmer. Cover and cook for 45 minutes. When the grain is tender, drain and rinse with cold water, drain again and place in a large bowl. Let the wheat berries cool to room temperature.

Place four small strawberries in a food processor or blender, and puree. Add the lemon juice and honey and process to mix. Add the salt and pepper, replace the lid, and drizzle in the oil with the machine running. Pour the dressing over the wheatberries, add the halved strawberries, shredded carrot, scallions, mint and lemon zest, then sprinkle with crumbled goat cheese.

Two Berry Picnic Salad

Ingredient checklist

PRODUCE

- ☐ Strawberries
- ☐ Lemon
- ☐ Carrot
- ☐ Scallions
- ☐ Fresh mint

BULK

- ☐ Wheatberries
- ☐ Honey
- ☐ Olive oil

REFRIGERATED/DAIRY

- ☐ Goat cheese crumbles

SPICES/SEASONINGS

- ☐ Salt
- ☐ Pepper

Serving suggestion

If you're bringing this salad to a picnic, pack the crumbled goat cheese and strawberries in separate containers from the salad and sprinkle on just before serving. The blend of flavors are a great complement to grilled chicken or fish.

Nutritional information per serving

Calories 400	54 g. carbohydrate
19 g. fat	16 g. fiber
10 mg. cholesterol	12 g. protein
450 mg. sodium	

The nutritional values and information provided are approximations.