

## **Have A Plant® Cook Along: Batch Cooking For Back-To-School**

With Kroger's Culinary Dietitian Ashley Martinez, MFN, RD, LD, NASM-CPT

Wednesday, August 11th at 5:30 pm EST

In Partnership With Egg Nutrition Center & Naturipe Farms

### **Shopping List**

- 1 medium banana
- 1 large avocado
- Unsweetened applesauce
- Naturipe Blueberries
- Cherry tomatoes
- Broccoli
- Cauliflower
- Fresh basil
- Shredded cheddar cheese
- 1 dozen eggs
- Rolled oats
- Quinoa

### **Items you may have at home**

- All-purpose flour
- Baking power
- Baking soda
- Salt
- Non-stick cooking spray
- Milk

### **Equipment**

- Two standard 12-cup muffin tins
- Mixing bowls
- Wisks
- Measuring cups
- Cutting board and knives



## Broccoli & Cauliflower Cheddar Quinoa Bites

### INGREDIENTS

- 10 large eggs
- 1 cup pre-shredded cheddar cheese
- 1 cup cooked quinoa
- 1 cup cherry tomatoes, quartered
- ½ cup finely chopped broccoli
- ½ cup finely chopped cauliflower
- 2 Tbsp. finely chopped fresh basil, optional

### INSTRUCTIONS

1. Preheat the oven to 350° F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
2. Crack the eggs into a large bowl. Whisk until well combined. Stir in the cheese, quinoa, tomatoes, broccoli, cauliflower, and basil as desired until well combined.
3. Use a ¼-cup measuring cup to divide the mixture evenly into the prepared muffin cups.
4. Bake until the eggs are set, 16 to 18 minutes. Allow to cool slightly before serving. Refrigerate leftovers up to 3 days or freeze for up to 1 month.



## Blueberry, Avocado & Banana Muffins

### INGREDIENTS

- 1 ¼ cup all-purpose flour
- 1 cup rolled oats
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 medium banana (about ⅓ cup)
- 1 large avocado (about ¾ cup)
- ¾ cup unsweetened applesauce
- 1 large egg
- ¼ cup milk
- 1 cup blueberries

### INSTRUCTIONS

1. Preheat oven to 350° F. Prepare a standard muffin tin with paper liners.
2. In a bowl, whisk together flour, oats, baking powder, baking soda and salt.
3. In a separate bowl, mash banana and avocado together. Add applesauce, egg and milk. Stir to combine, then stir into flour mixture.
4. Fold in blueberries and divide batter into prepared muffin tin.
5. Bake 25-30 minutes. Allow to cool completely. Store leftovers in an airtight container up to 3 days.

