

# Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

# Breakfast

## Guacamole Omelet

*\*Vegetarian, Gluten-Free*

Omelets are just screaming for variation. And this recipe provides just That! Enjoy the combination of southwestern flavors in this fantastic breakfast, lunch or dinner entrée.

### You'll Need

- 2 eggs
- Salt & pepper
- Milk
- 2 pinches nutmeg
- Avocado
- Tomato
- Onion
- Feta Cheese
- Greased frying pan with olive oil
- Tabasco
- Fresh Lime



### Directions

- Crack eggs into a small bowl. Add salt, pepper, a dash of milk, and approximately two pinches of nutmeg (you can add more or less than this). Beat mixture.
- Cut an avocado in half, remove pit. Cut half of avocado in half. Peel skin off. Slice in quarters. Mince tomato and onions.
- Turn stove onto medium-high and let pan get warm. Add eggs. Sprinkle in feta cheese. Let cook for a minute or until starting to congeal. Add in avocado, tomato, onion on one side of omelet. Flip bare side over to filled side. Sprinkle top of omelet with Tabasco. Squeeze fresh lime onto omelet.

### Play With Your Food

- Use a different type of cheese
- Top with a salsa of choice
- Leave out Tabasco

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# Breakfast

## Grits with a Fried Egg and Tomato Balsamic

*\*Vegetarian, Gluten-Free*

There are so many ways to prepare grits. This recipe incorporates the flavor of balsamic vinegar into the mix. Give this unique way to make grits a try.

### You'll Need

- Grits
- Salt & pepper
- Water
- Butter
- 1 egg
- Tomato Sliced
- Olive Oil
- Balsamic Vinegar



### Directions

- Follow directions on box on how much grits and water are needed and add these to a microwaveable bowl. Add salt, pepper, and a dollop of butter. Microwave for recommended time on box.
- Grease a frying pan with some olive oil. Let the pan heat up so that the egg doesn't run. Once the oil begins to get wavy, crack the egg into the frying pan. Add salt and pepper. Flip egg over once it's able to be lifted from pan. Turn heat off and let it finish by sitting in pan.
- Remove grits from microwave. Place fried egg on top of grits. And on top of egg, add tomato slices. Add salt, pepper, olive oil, and a touch of balsamic vinegar.

### Play With Your Food

- Top with sliced green onion
- Add some chopped fresh basil

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# Breakfast

## Brown Sugar Cinnamon Oatmeal

*\*Vegetarian, Gluten-Free (if oats were produced in a gluten-free facility)*

This oatmeal tastes so good that it's hard to believe how healthy it is for you. The insoluble fiber found in this hearty breakfast, can actually help reduce the risk of heart disease and lower your LDL cholesterol.

### You'll Need

- 1/2 cup oats
- 1 cup water
- 1 pinch of salt
- 2 to 3 teaspoons brown sugar
- 2 teaspoons unsalted butter
- 1/2 teaspoon cinnamon
- Dried fruit of your liking, ex: cherries, apricots



### Directions

- **Stove Top:** In a medium sauce pan, boil water. Add oats and salt. Lower heat to medium until the water is absorbed. Add butter, sugar, and cinnamon. Correct seasonings. Add topping of choice.
- **Microwave:** In a microwaveable safe bowl, add all ingredients. Microwave for recommended time on box.

### Play With Your Food

- Replace the brown sugar with maple syrup or honey.
- Play with the sugar in this recipe. Try to always decrease the amount used.
- Suggested Toppings:
  - Fresh fruit
  - Nuts
  - Cream
- When adding nuts or cream you may want to hold off on the butter a bit.
- If you would like to make this a vegan dish, replace the butter with some coconut oil.

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# Main Course

## Tuna Mushroom Melt

*\*Gluten-Free*

This recipe gets creative and replaces the standard bread option with a portabella capped mushroom.

### You'll Need

- Can of Tuna: Chunk Light with Water
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Tarragon
- Capers
- Brown Mustard
- Portobello Mushroom
- Tomato minced
- Sharp Cheddar Cheese



### Directions

- Drain tuna. Add pepper, salt, EVOO. Add 1/3 the amount of white wine vinegar compared to the EVOO added, then add the tarragon, capers, brown mustard, and tomatoes. Mix together and taste. Add seasonings as needed.
- Clean Portobello mushroom, remove stem, and add tuna mixture to bowl side of mushroom.
- Slice some sharp cheddar as thinly as possible and add to top of tuna.
- Broil on high for about 10 - 15 minutes.

### Play With Your Food

- Incorporate different herbs such as basil or oregano
- Top with feta cheese instead of cheddar.

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# Main Course

## Greek Chicken Wrap

This recipe is perfect for lunch. Just throw leftover chicken in the wrap with some vegetables you have in your refrigerator! Serve on top of a bed of lettuce to make this be a gluten-free meal.

### You'll Need

- 2 whopping tablespoons of Greek yogurt
- 1/2 lemon
- Salt
- 1/2 tablespoon fresh dill minced
- 1/2 tablespoon fresh mint minced
- Tortilla
- Chicken (already cooked/leftover)
- Red bell peppers minced (amount to your liking)
- Tomato minced (amount to your liking)
- Cucumber minced (amount to your liking)



### Directions

- For the Sauce: Add Greek yogurt to bowl and squeeze in half a lemon. Add salt, dill, and mint.
- For the Wrap: Slice chicken into strips then add to tortilla along with the bell pepper, tomato, and cucumber. Add Greek yogurt sauce.
- Fold short edges of tortilla toward mixture and then fold over long edges towards middle of tortilla. Wrap in foil and enjoy!

### Play With Your Food

- Use different vegetables: zucchini, red onion, lettuce
- Add sharp cheddar or feta cheese
- Use pita bread instead of a tortilla
- Place chicken on lettuce with vegetables and top with sauce to make it into a gluten-free option.

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