

Spicy Kale Potato Breakfast Hash

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Spicy Kale Potato Breakfast Hash - a bright, medley of veggies and spices making for a delicious, egg-free + Whole30 friendly breakfast skillet that's anything but boring! | Paleo + Vegan

Ingredients

- 3 tablespoons olive oil, divided
- 1 large sweet potato, peeled & cut into 1/4 inch cubes
- 1 large russet potato, cut into 1/4 inch cubes
- 1 medium |about 1 cup onion, diced
- 1/2 teaspoon sea salt plus more to taste
- 2 cups | about half a bunch kale, chopped into bite sized pieces
- 1/2 teaspoon cumin
- 1 jalapeño, sliced (red will be more spicy than green jalapeños so choose based on your preference)
- 3 stalks spring onions, sliced + more for garnishing
- 1/4 cup | about a small, loose handful, chopped fresh cilantro leaves

Instructions

1. Heat 2 tablespoons olive oil in a large skillet over a medium low heat. Spread out the potatoes over the bottom of the pan as evenly as possible, cover and let cook about 10 minutes. Make sure to come back and the potatoes ever 3-4 minutes.
2. Add the remaining oil diced onions to the potatoes and sprinkle with about 1/2 teaspoon salt. Sauté about 4-5 minutes until the onions are soft and starting to golden. Add the kale and cumin and stir until the kale starts to wilt.
3. Add the kale, cumin, jalapeño and spring onions and stir. Cook until the added veggies begin to soften and the kale begins to slightly crisp on the edges.
4. Taste and season with more salt as needed. Sprinkle the chopped cilantro over the top along with extra spring onions if you like.
5. Serve along with a salsa verde, fried eggs, hot sauce or enjoy as is!

Notes

Together the potatoes should weigh about 1 1/2 -2 pounds, but don't worry about trying to be exact with that measurement because hash recipes like this are very flexible when it comes to amounts.

CRISPY VEGAN QUINOA CAKES WITH TOMATO-CHICKPEA RELISH

- Prep Time: 45
- Cook Time: 30
- Total Time: 1 hour 15 minutes

Description

Crispy Vegan Quinoa Cakes with Tomato Chickpea Relish- a delicious, healthy, flavorful plant-based vegan dinner that is gluten-free. Please watch the how-to video to see how to get the quinoa to “clump”.

Ingredients

Quinoa Cakes (use white quinoa – tri-colored, or other colored quinoa will not bind)

- 2 cups water
- 1 cup rinsed, white quinoa (rinse and drain!!! DON'T SKIP)
- 2 teaspoons olive oil
- 1 tsp cumin
- 1 teaspoon granulated garlic powder
- 1/2 tsp kosher salt
- 1/2 teaspoon herbs de Provence (or Italian dried herbs)
- ———
- zest from one small lemon (optional)
- 1/4 cup chopped Italian parsley (optional)

Fresh Tomato Chickpea Relish

- 2 cups cherry or grape tomatoes, sliced in half
- 1 cup cucumber, diced
- 1/4 cup fresh basil (or flat-leaf parsley, dill, or mint, or a combo!) chopped
- 1/4 cup chopped scallions (or finely sliced red onion)
- 1 ½ cup cooked chickpeas (1 can, drained and rinsed)
- 3 Tbs olive oil
- 3 Tbs balsamic vinegar

- 1/4 tsp [salt](#)... more to taste
- 1 small minced garlic clove (optional)

Optional Garnishes: Crumbled [Goat Cheese](#), balsamic glaze

Instructions

1. Read directions and watch the video before starting- this recipe can be tricky.
2. In a [medium pot](#), over high heat, add water, [rinsed white quinoa](#), [salt](#), garlic powder, [cumin](#), dried herbs, [olive oil](#), and stir. Bring to a boil. Cover, lower heat to low, and simmer gently for 20 minutes. Set timer.
3. While the quinoa is cooking make the **Tomato Chickpea Relish**, stirring all ingredients together in a medium bowl.
4. Check quinoa- making sure all the water is gone. If not, continue cooking covered, 5 more minutes, and until steam holes appear (this usually takes me a total of 25 minutes) and quinoa has soaked up **all** the water and looks fairly dry.) *It is important that quinoa is dry-ish and not watery. Be patient here, all stoves are different.*
5. While it's still warm, **stir the quinoa vigorously** with a fork, for a one whole minute, until you begin to see the individual grains break apart. *This is imperative, to getting the quinoa to bind.* Eventually, after a full minute of stirring, the grains will break apart and **begin to clump. You can visually see this.** Remove from stove, let cool down in the pot to where it's cool enough to handle with your hands, about 15 minutes. Stir in the lemon zest and fresh parsley if you like.
6. Using wet hands, shape into 4 balls, the size of a tennis ball. Place on a plate or [sheet pan](#). Using wet hands press into a 1 – 1 1/2 inch thick cake (about 3-4 inches wide), smoothing any cracks on the edges, making them nice and tidy. Wet hands is key.
7. Refrigerate 15 minutes to set. As the quinoa cakes cool they will become even more sturdy. (These will keep 3-4 days if made ahead, just lightly oil them, cover, and store in the fridge.)
8. Gently Pan-sear the Quinoa Cakes in a well-oiled skillet (using a thin [metal spatula](#) to flip) over medium heat. You can pan-sear them without any coating, or for an extra crispy crust, dredge in [rice flour](#) or GF [Panko](#). I often do these without any coating at all. *Just be sure to not fiddle with them- letting them develop a good crust before flipping.* As then develop the crust, they will naturally release themselves from the pan. I like to use a thin [metal spatula](#) to flip (more precise).
9. You can also bake these in a toaster oven (right on the rack) or in a 400F oven (on a [parchment](#)-lined pan) until warmed through, about 20 minutes, but the crust for a skillet gives these the BEST texture.
10. Divide among plates and top with the fresh tomato chickpea relish. Spoon any remaining dressing over top and around the cakes.
11. Garnish with OPTIONAL crumbled [goat cheese](#) if you like or a balsamic glaze.

Easy Grain Bowl

Ingredients

1x2x3x

For the grain

- [Seasoned Quinoa](#) (shown here)
- [White or Brown Rice](#) (season like the quinoa)
- [Farro](#)
- [Bulgur Wheat](#)
- [Millet](#)

For the grain bowl

- 2 15-ounce can chickpeas*
- 2 small garlic cloves
- 2 tablespoons olive oil
- ½ teaspoon smoked paprika or regular paprika
- 1 teaspoon [kosher salt](#)
- 1 recipe [Tahini Sauce](#)
- 1 pint cherry tomatoes
- 1 English cucumber
- ½ cup Kalamata olives (optional)
- 1/4 red onion

Instructions

1. **Make the grain:** Go to [Seasoned Quinoa](#) to make the quinoa, or follow the other [whole grain](#) recipes listed above. The quinoa takes about 25 minutes total, so use the cook time to prepare the remaining ingredients.
2. **Make the chickpeas:** Drain and rinse the chickpeas. [Mince the garlic](#). In a large skillet, heat the olive oil over medium heat. Add the garlic and sauté for 1 minute until fragrant but before it browns. Add the chickpeas, smoked paprika, salt, and several grinds of black pepper. Cook 2 minutes until warmed through.
3. **Make the sauce:** Make the [Tahini Sauce](#). (Or, try [Lemon Dill Sauce](#) or [Creamy Cilantro Sauce](#).)
4. **Prep the veggies:** [Slice the tomatoes](#) in half. Slice the cucumber. [Slice the red onion](#).
5. **Assemble the bowls:** Place the quinoa and chickpeas in the bowl. Add the fresh veggies and drizzle with the sauce.

Notes

*This makes a solid 4 to 6 servings of protein. If you're cooking for 1 or 2, make half this recipe (or go to [Easy Canned Chickpeas](#).)