



Quickest Veg-ilicious Quiche in a Mug + Yummy Yogurt Parfait + Humble Bumble Honey Tea

By Erin Fletter

Prep Time 20 / Cook Time 5 / Serves 1 - 2

Shopping List

- FRESH
- Vegetables of your choice, choose 2-3 to equal 1/8 to 1/4 C:
- grape tomatoes **** (see allergy subs below) ****
- green onion
- mushrooms
- bell pepper **** (see allergy subs below) ****
- spinach
- other vegetables you love!
- 1/4 C fruits of your choice, choose 2 (strawberries, banana, blueberries, raspberries, blackberries)
- DAIRY AND EGGS
- 1 egg **** (see allergy subs below) ****
- 1/3 C milk **** (see allergy subs below) ****
- 1/8 C shredded cheddar or Monterey Jack cheese **** (see allergy subs below) ****
- 2/3 C (5 to 6 oz) Greek yogurt **** (see allergy subs below) ****
- BREAD
- 1 slice bread, any type **** (see allergy subs below) ****
- PANTRY

1/4 C oats **** (see allergy subs below)****

1 T vegetable oil ******

2 T honey

1 decaf tea bag, any flavor

HAVE ON HAND

1 C water

Fun-Da-Mentals Kitchen Skills

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

chop: to cut something into small, rough pieces using a blade.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

snip: to use scissors to cut something with quick, sharp strokes.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

layer: to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

slice: to cut into thin pieces using a sawing motion with your knife.

spread: to apply a food, like butter, soft cheese, nut butter, jam, or frosting to another food, such as a cracker, bread, or cake using a butter knife or spatula.

Equipment

- Microwave
- Parchment paper
- Small bowl
- Dry measuring cups
- Measuring spoons
- Metal spoon to stir
- Clear cup or glass (does not need to be microwave-safe)
- Cutting board
- Kid-safe knife (a butter knife works great)
- Microwave-safe mug
- Potholder
- Liquid measuring cup
- Medium bowl
- Whisk
- Clean kid-friendly scissors (optional)

Ingredients

Quickest Veg-ilicious Quiche in a Mug

- 1 slice bread, any type ****(for GLUTEN ALLERGY sub gluten-free/nut-free bread)****
- 1 egg ****(for EGG ALLERGY sub 1/4 C blended tofu)****
- 1 T milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- Vegetables of your choice, choose 2-3 to equal 1/8 to 1/4 C:
- grape tomatoes ****(Omit for NIGHTSHADE ALLERGY)****
- green onion
- mushrooms
- bell pepper ****(Omit for NIGHTSHADE ALLERGY)****
- spinach

other vegetables you love!

1/8 C shredded cheddar or Monterey Jack cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds, like Daiya brand)******

Yummy Yogurt Parfait for One

1/4 C oats ******(for GLUTEN ALLERGY use certified gluten-free oats)******

1 T vegetable oil ******

1 T honey

1/4 C fruits of your choice, choose 2 (strawberries, banana, blueberries, raspberries, blackberries)

2/3 C (5 to 6 oz) Greek yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free Greek yogurt OR coconut cream from top of canned coconut milk)******

Humble Bumble Honey Tea for One

1 C water

1 decaf tea bag, any flavor

1 T honey

1/4 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******

Food Allergen Substitutions

Quickest Veg-ilicious Quiche in a Mug

Gluten/Wheat: Substitute gluten-free/nut-free bread.

Egg: For 1 egg, substitute 1/4 C blended tofu.

Dairy: Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free cheese shreds, like Daiya brand.

Nightshade: Omit optional grape tomatoes and bell pepper.

Yummy Yogurt Parfait for One

Gluten/Wheat: Use certified gluten-free oats.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Dairy: Substitute dairy-free/nut-free Greek yogurt OR coconut cream from top of canned coconut milk for Greek yogurt.

Humble Bumble Honey Tea for One

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Quickest Veg-ilicious Quiche in a Mug

tear + crack + whisk

Tear **1 slice bread** into small pieces and place on the bottom of a microwave-safe mug. Crack ****1 egg** into a medium bowl and whisk.

measure + whisk

Measure and add **1 tablespoon of milk** to the bowl. Whisk to combine the egg and milk.

chop + snip + dice

Chop, snip, and dice **1/8 to 1/4 cup of your vegetables of choice** into small pieces and add them to the bowl.

measure + mix

Measure and add **1/8 cup of shredded cheese** to the bowl and mix to combine all of the ingredients.

pour + microwave

Pour the egg mixture into the mug and microwave on high for 90 seconds. Carefully remove the mug with a potholder.

Yummy Yogurt Parfait for One

measure + stir

First we will prepare the granola for the parfait. Measure and add **1/4 cup oats, 1 tablespoon vegetable oil,** and **1 tablespoon honey** to a small bowl. Stir with a spoon until the oats are evenly coated.

line + spread

Carefully tear a sheet of parchment paper out of the box, approximately 12 to 15 inches long. Spread the coated oats out onto the parchment paper, in an even layer, toward the center of the paper. Carefully carry the paper to the microwave, without allowing the oats to shift much.

microwave + stir + spread

Cook in the microwave for 30 seconds. Stir the oats around and spread them out again.

microwave + cool

Microwave again for 30 seconds at a time, until the oats have cooked for a total of 2 minutes. Carefully

remove the paper with the granola and allow it to cool.

slice + fruit layer

Next, we will prepare the yogurt parfait with multiple layers. Slice **1/4 cup of bananas, strawberries, or other fruit of your choice**. Layer some of your first fruit choice in the bottom of your glass (save some of the fruit for the other layers).

scoop + yogurt layer

Scoop a small amount of the **2/3 cup of Greek yogurt** with a spoon and layer it on top of the fruit layer (save some of the yogurt for the other layers).

sprinkle + granola layer

Sprinkle a layer of your granola on top of the yogurt (save some of the granola for the other layers).

repeat + layer

Repeat with layers of some of your second fruit choice, more yogurt, and more granola. Repeat until all of your parfait ingredients are gone.

Humble Bumble Honey Tea for One

measure + microwave

Measure and add **1 cup of water** to a microwave-safe mug. Microwave on high for 1 minute. Carefully remove the mug with a potholder.

dunk + steep

Unwrap **1 decaf tea bag** and place it in the mug, with the paper tag (if there is one) hanging over the edge of the mug. Let the tea bag steep in the hot water for 3 to 5 minutes. Carefully remove and discard the tea bag using the paper tag or a spoon.

measure + stir

Measure and add **1 tablespoon honey** and **1/4 cup milk** to the mug and stir gently.

Featured Ingredient: Eggs!

Hi! I'm an Egg!

"Specifically, I'm a chicken egg! Of course, there are eggs from all sorts of other creatures, but humans primarily eat the eggs of fowls, mostly chickens. Although, they will eat the eggs of ducks, geese, and even ostriches (the same as 24 chicken eggs!). Some people also eat reptile eggs and fish eggs (think caviar!)."

History

Some animals reproduce by laying eggs (or reproductive cells). These animals include fish, reptiles, insects, a few mammals, like the platypus, and birds, including ducks and chickens.

What came first? The chicken or the egg? Were chickens first domesticated for their meat, or were they raised to gather their eggs for food? When early man first began raising chickens sometime before 7500 BCE, it may have been for their eggs.

Eggs used to be carried in baskets. The first egg carton was invented in 1911 by Joseph Coyle, a newspaper editor from British Columbia, Canada, to solve a dispute involving broken eggs delivered in a basket. His design was improved upon in 1921 by Morris Koppelman, and then in 1931, Francis H Sherman of Massachusetts developed a carton from pressed paper pulp similar to what we use today. Egg cartons can hold 12, 18, or 30 eggs.

The white Leghorn chicken is commonly used for laying white eggs, and the Rhode Island Red and New Hampshire Red breeds, both reddish brown, are the primary sources of brown eggs.

The brown-colored egg tends to be more expensive than its white counterpart, usually because the hens laying brown eggs are larger and eat more feed, increasing costs to the farm. Other than color, there is no difference between a white and brown egg.

Anatomy

Chicken eggs contain a yellow yolk, semi-transparent white, and an outer protective shell. A membrane (film layer) lines the eggshell; however, it is usually not visible unless you peel a boiled egg.

The egg yolk provides the most nutrients for a developing embryo because it has more protein than the white. The yolk also contains all the fat and more vitamins, especially fat-soluble vitamins.

The egg white or albumen is about 90 percent water and contains no fat or cholesterol. It protects the yolk and is also a source of protein and a few vitamins for an embryo.

Chicken eggshell membranes can be used as a dietary supplement. The membranes are made up mostly of fibrous collagen type 1 fibers.

According to the USDA, the eggshell comprises about 94 percent calcium carbonate and some additional elements, including protein. The calcium carbonate from eggshells is used as a dietary calcium supplement for people who do not get enough calcium from their food.

There are 7 to 17,000 tiny pores on the shell surface, with a greater number at the large end. As the egg ages, these minute holes permit moisture and carbon dioxide to move out and air to move in to form the air cell. The egg can also absorb refrigerator odors through the pores, so always refrigerate eggs in their cartons.

How to Buy & Eat

You can buy eggs from farm stands and at grocery stores. Always open the lid of a carton and check the eggs you want to purchase to avoid buying eggs with cracked or broken eggshells that would have to be

thrown away. Any bacteria present on the eggshell could enter through a crack and contaminate the egg inside.

Aside from their color, brown and white eggs are the same in every way, including taste and nutrition, so choose eggs based on price and quality, not on color.

The three grades of eggs that determine the quality of the egg and condition of the shell are: Grade AA, A, and B. According to the USDA, Grade AA eggs have thick and firm whites and yolks that are high, round, and practically free from defects, with clean, unbroken shells. Grade AA and A eggs are preferred when frying or poaching. You would seldom find Grade B eggs in stores because they are mostly used to make liquid, frozen, and dried egg products.

Various types of eggs are available at the grocery store, and some are more expensive than others. These include eggs from hens raised outside a cage but not necessarily outdoors (cage-free) or allowed to roam free outdoors in a pasture (pasture-raised).

Eggs contain some omega-3 fatty acids, but eggs labeled as high in omega-3 fatty acids have more due to flaxseed or fish oil being added to the hens' diets. Other eggs are labeled "organic" if the hens are not raised in a cage, can access the outdoors, are fed organic feed, and are not given hormones or antibiotics. "Vegetarian" eggs are from hens that do not eat feed containing animal by-products.

Store eggs in the refrigerator to keep them fresher, as they will age faster at room temperature.

Eggs are available year-round to provide delicious meals on their own and as an essential ingredient for the many baked goods and sauces that would never be the same without them.

Eggs are enormously versatile. The chef's hat, called a "toque" (pronounced "tök"), is said to have a pleat for each of the many ways you can cook eggs.

You can tell whether an egg is raw or hard-boiled by spinning it. Because the liquids have set into a solid, a hard-boiled egg will easily spin. On the other hand, the moving fluids in a raw egg will cause it to wobble. Whole eggs are eaten soft or hard-boiled, fried, or poached, or they are added to cake and other batters. Egg yolks are used in pasta, sauces, fruit curds, crème brûlée, and ice cream. Egg whites are part of meringues, angel food cakes, French macarons, and coconut macaroons. You can also use whipped egg whites to leaven (raise) a cake.

Nutrition

A large, boiled egg is a good source of low-cost, high-quality protein, providing 12.6 grams with only 78 calories.

Eggs are rich in vitamin B12 and riboflavin (B2) and supply varying amounts of many other nutrients, including a wide variety of other vitamins and minerals. In addition, the yolk contains a higher percentage of an egg's vitamins than the white, including all of the vitamins A, D, E, and K.

Egg yolks are one of the few foods that naturally contain vitamin D. They also have choline. This essential nutrient benefits your brain, nervous system, liver function, and cardiovascular system.

Some people have an allergy or food intolerance to eggs, especially egg whites. It is one of the most common allergies in babies but is often outgrown during childhood.