



berry-oatmeal bake

ingredients

- 1 1/4 cups old fashioned rolled oats
- 1 tablespoon light brown sugar
- kosher salt
- 1 2/3 cups plain unsweetened almond milk
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract
- 1/3 cup skin-on sliced almonds
- 1/3 cup old fashioned rolled oats
- 2 tablespoons light brown sugar
- 1 tablespoon unsalted butter, melted
- 1 tablespoon whole-wheat pastry flour
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- kosher salt
- 12 ounces frozen mixed berries
- 6 tablespoons plain Greek yogurt

directions

Preheat oven to 350°F. Grease a 2-quart baking dish or 8-inch square pan. Combine oats, brown sugar, and salt. Whisk almond milk, egg, vanilla, and almond extract. Mix wet and dry ingredients. Combine almonds, oats, brown sugar, butter, flour, vanilla, cinnamon, and salt. Pour oatmeal mixture into the dish, top with berries and the almond mixture. Bake for 50 minutes until set. Cool for 10–15 minutes. Serve warm with yogurt if desired.



winter minestrone

ingredients

- 2 tablespoon olive oil
- 1 chopped onion
- 2 carrots, peeled, chopped
- 2 celery stalks, chopped
- 3 ounces thinly sliced pancetta
- 2 garlic cloves, minced
- 1 pound swiss chard chopped
- 1 russet potato cubed
- 1 can diced tomatoes
- 1 fresh rosemary sprig
- 1 can cannellini beans
- 2 cans low-sodium beef broth
- 1 ounce piece parmesan cheese
- 2 tbsp chopped parsley
- salt and pepper

directions

Heat oil in a pot over medium heat. Saute onion, carrots, celery, pancetta, and garlic for 10 minutes until onion is translucent. Add Swiss chard and potato, saute for 2 minutes. Add tomatoes and rosemary, simmer for 10 minutes. Puree 3/4 cup beans with 1/4 cup broth, then add to the pot along with remaining broth and Parmesan rind. Simmer for 15 minutes until potatoes are tender. Stir in remaining beans and parsley, simmer for 2 minutes. Season with salt and pepper. Discard Parmesan rind and rosemary sprig.