

Fava Bean Breakfast Spread

Ingredients

- 1 (15 ounce) can fava beans
- 1 1/2 tablespoons olive oil
- 1 large onion, chopped
- 1 large tomato, diced
- 1 teaspoon ground cumin
- 1/4 cup chopped fresh parsley
- 1/4 cup fresh lemon juice
- salt and pepper to taste
- ground red pepper, to taste

Directions

1. Pour the beans into a pot and bring to a boil. Mix them well and add onion, tomato, olive oil, cumin, parsley, lemon juice, salt, pepper, and red pepper. Bring the mixture back to a boil, then reduce the heat to medium. Let the mixture cook 5 minutes. Serve warm with grilled pita or serve in a small tortilla.

Country Breakfast Bowls (2 protein, 1-2 Type 2 Veg, 2- 3 Type 1 Veg)

- 3 smoked [sausages](#), sliced – Bison or Turkey
- 3 tbsp (45 mL) olive oil
- 2 cups (500 mL) sliced [mushrooms](#)
- 1 each [sweet](#) red [pepper](#) and [onion](#), diced
- 2 [cloves garlic](#), minced
- 1/2 tsp (2 mL) dried [thyme](#)
- 1/2 tsp (2 mL) each [salt](#) and [pepper](#)
- 2 Potatoes (about 1-1/2 lb/750 g)
- 4 [eggs](#)
- 1/2 cup (125 mL) shredded low fat Mozza Cheese
- 1 tbsp (15 mL) chopped fresh [parsley](#)

Preparation:

In large nonstick skillet, cook sausages over medium heat, stirring often, until browned, 5 minutes. Transfer to paper towel-lined plate. Drain fat from pan.

In same skillet, heat 1 tbsp (15 mL) of the oil over medium heat; cook mushrooms, red pepper, onion, garlic, thyme and half each of the salt and pepper, stirring occasionally, until golden, about 8 minutes. Transfer to bowl.

Meanwhile, peel and dice potatoes into about 1/3-inch (8 mm) pieces. Heat remaining oil in same skillet over medium heat; cook potatoes and remaining salt and pepper, stirring often, until tender and golden,

about 15 minutes.

Add sausages and mushroom mixture; cook, stirring, for 3 minutes.

Spoon into 4 greased 1-1/2-cup (375 mL) baking dishes. With spoon, make hollow in centre of each; crack egg into each hollow. Sprinkle with cheese and parsley.

Bake on baking sheet in 375°F (190°C) oven until whites are set, yolks are runny and cheese is bubbly, about 15 minutes, or until desired doneness.

Can skip the eggs for an egg free Breakfast.

Mung Bean Porridge

Soak 1.5 cups mung beans in 2 cups cold water for 30 minutes. Remove any beans that float to the top. Drain.

In a large pot, combine beans with 7 c cold water. Simmer, uncovered, over medium heat for 30 to 35 minutes. With a slotted spoon, remove any floating skins.

Add

1 cup Cooked Brown Rice

2 tbsp cinnamon

1 apple, thinly sliced or apple sauce

1c. Rice milk or almond milk

½ c. Coconut milk (optional)

Bring to a boil. Cover, reduce heat to low & continue cooking for 15 minutes. Serve hot.