



# COOKING IN SEASON

## - ROASTED RAMP & ASPARAGUS SPRING BREAKFAST BOWLS -

These bowls are an ode to spring – a hearty and earthy start to fuel your day of growth. We've used freekeh for the base—a young, green wheat with a good amount of protein and fiber. Feel free to substitute quinoa, amaranth, farina, grits, polenta, oats, or any other cereal or pseudo-cereal to suit your preferences.

### **Ingredients:** *(Serves 4)*



10-12 MKF asparagus spears  
4-8 MKF ramps  
1 small bunch spring radishes  
1 tsp apple cider vinegar  
2 tsps olive oil  
Sea salt & fresh cracked black pepper  
4 eggs, if desired  
2 tablespoons butter  
2 cups warm, cooked freekeh (prepared per package directions) or cereal of choice

### **Preparation:**

- When the freekeh (or your cereal) is nearly finished cooking, preheat the oven to 350°F.
- In a small bowl, toss asparagus, halved radishes, and ramps in the cider vinegar and olive oil. Spread onto a baking sheet. Sprinkle with salt and pepper (and any other fresh herb you may have available). Bake for 12-15 minutes.
- Prepare your eggs as desired: over easy, sunny side up, scrambled, poached, boiled.
- Once the eggs are done, brown (but don't burn!) the butter in the same pan. Whisk or swirl the pan so the butter melts and cooks evenly. The top will froth and foam, and the butter will turn from golden to a nutty brown. Remove from heat and allow the milk solids to rest on the bottom (leave these behind).
- To serve, scoop freekeh into bowls. Drizzle browned butter over the freekeh. Top with roasted radishes, asparagus spears, and alliums and your egg of choice. Serve warm.

*Adapted from foodformyfamily.com*