



Brunch In A Crunch with Green Oceanside and OKC's Chef Vallie Gilley

June 28, 2020

Easy Peasy Banana Muffins

Ingredients:

1 $\frac{3}{4}$ cup all-purpose flour
1 $\frac{1}{2}$ tsp. Baking soda (or alt)
 $\frac{3}{4}$ tsp salt
3 large eggs
1 $\frac{1}{2}$ cup sugar
1 cup mashed ripe banana (about 3)
 $\frac{3}{4}$ cup vegetable oil

Instructions:

Preheat the oven to 350°F. Spray muffin tin with cooking spray or coat with vegetable oil. Combine flour, baking soda, and salt in a bowl. In a separate bowl whisk eggs, sugar, bananas and oil until smooth. Add dry ingredients to wet and mix until just combined. Using a scoop fill muffin tins $\frac{3}{4}$ full (make sure your muffin tin is well oiled!). Bake 20-25min until a toothpick in the center comes out clean. Cool 15min before removing.

Zero Waste Tip:

You can always freeze your ripe bananas in a freezer safe container or silicone bag if you aren't ready to make your muffins quite yet. Just thaw before adding to recipe!



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Zip Code Salad

Use any ingredients you have on hand that you'd like in a salad!

Zip Code Salad Croutons

Ingredients:

4 cups (heaping) of bread, cubed
1/3 cup Extra virgin olive oil
1/4 tsp. Garlic powder
1/4 tsp. salt

Instructions:

Preheat the oven to 375°F.

In a large bowl combine bread, garlic powder, and salt.

Drizzle olive oil while mixing. Mix until bread is coated evenly and olive oil has been absorbed.

Spread bread cubes in an even layer on a sheet pan. Bread should maintain social distance!

Bake for 10min or until golden brown.

Pro-Chef Tip: The staler the bread, the faster it will brown so make sure to watch it!

Zero Waste Tip:

Collect uneaten and stale bread in a freezer safe container and store in your freezer until you have enough to make croutons. Let the bread thaw on the counter before using.



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Lemon Garlic Mason Jar Dressing

Ingredients:

½ cup olive oil
2-3 tbsp fresh lemon juice
2 tsp honey
1 clove garlic (minced)
Salt and pepper to taste

Instructions:

Combine all ingredients in mason jar and secure lid. Turn on favorite music to dance to. Boogie down with mason jar in hand. Or shake vigorously.

Zero Waste Tip:

The beauty of this dressing is that it's all made in a jar with a lid! If you don't use all your dressing, store in the fridge and let it come to room temperature before using (the oil may solidify while in the fridge).



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Basted Eggs

Ingredients:

1 tbsp butter or olive oil
2 eggs
2 tbsp water
salt/pepper to taste

Instructions:

Melt the butter in a skillet over medium heat
crack in the eggs.

Cook until whites are just starting to cook then add the water to the skillet. Cover the skillet.

Cook the egg in the covered skillet until the whites are set and the thin layer of whites that tops the yolk has turned white as well.

Remove egg from skillet. Serve.

Zero Waste Tip:

Your backyard compost bin loves those egg shells. Add to your static bin system, or crush up and add to your vermicomposting so the worms have something crunchy to enjoy!



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Avocado Crema

Ingredients:

2 large ripe avocados halved and pitted

1 cup Greek yogurt or sour cream

2 large cloves garlic minced

Juice from 1 lemon about 3-4 tablespoons worth

1/4 - 1/2 teaspoon kosher salt, adjust to taste

1/8 teaspoon freshly cracked black pepper

Instructions:

Place the avocado, yogurt, garlic, and lemon juice in the blender. Process until completely smooth. Season with salt and pepper, according to taste.

Transfer to a serving dish and serve immediately or cover tightly, pressing plastic wrap against the surface of the sauce before covering with an airtight lid.

Sauce will keep well in the refrigerator for up to 48 hours, if you can make it last that long. Enjoy!

Zero Waste Tip:

Ripe avocados work best with this recipe, so if you find yourself with a lot of ripe avocados on hand, consider freezing in a freezer safe container. That way, you always have ripe avocados on hand and ready to enjoy!