

Breakfast Bowl with Michigan Black Beans

Pickled Red Onions



Ingredients:

1 medium size Red Onion – sliced thin
½ cup Apple cider vinegar
¼ cup MI honey
1 tsp salt

Directions:

1. Place apple cider vinegar, honey and salt in a small sauce and heat until honey and salt dissolve completely
2. Once the mixture reaches 150F. In a heatproof container place the red onion slices and pour pickling mixture over red onions

Nutrition Facts

	Serving (1) 320.3g	
Calories	327 kcal	16%
Calories from Fats	0.03 kcal	0%
Total Fat	0.11 g	0%
Saturated Fat	0.05 g	0%
Cholesterol	0 mg	0%
Sodium	2372 mg	99%
Total Carbs	81.2 g	27%
Fiber	2 g	8%
Sugars	74.7 g	149%
Protein	1.5 g	3%

Crispy Roasted Chickpeas

Ingredients:

1 cup full cooked chickpeas



½ tsp salt

1 tsp turmeric

Directions

- 1. Preheat oven to 450F.
- 2. Dry out chickpeas as thoroughly as you can using a paper towel.
- 3. In a small bowl, add olive oil, salt and turmeric. Mix and add chickpeas.
- 4. Place chickpeas onto a small baking sheet and roast in over for 12-15 minutes or until chickpeas begin to blister and crisp.



Nutrition Facts		
	Serving (1)	
	206.2g	
Calories	766 kcal	38%
Calories from Fats	602 kcal	30%
Total Fat	12.2 g	19%
Saturated Fat	1.3 g	6%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	1228 mg	51%
Total Carbs	128 g	43%
Fiber	25.1 g	100%
Sugars	21.5 g	43%
Protein	41.2 g	82%

Breakfast Bowl with MI Black Beans

1 egg for each bowl
1 cup fully cooked MI black beans
2 cups finely chopped kale or other hearty green
½ cup cooked rice
½ cup small diced onion
2 T olive oil
1 T minced garlic
1 T minced jalapeno
1 tsp chili powder
¼ tsp cumin

Directions:

1. Cook rice according to package directions.
2. In a medium sauté pan add olive oil and caramelize diced onion.
3. Add black beans, garlic, jalapeno, chili powder, and cumin and heat for 5-7 minutes.
4. In a separate small sauté pan cook 1 egg sunny side up.
5. In a medium sized serving bowl - place rice, black bean mixture, pickled onions, chickpeas, and top with a sunny side up egg.

Nutrition Facts



Serving (1)
385.3g



Calories	637 kcal	32%
Calories from Fats	2598 kcal	130%
Total Fat	33.7 g	52%
Saturated Fat	5.7 g	28%
Trans Fat	0.02 g	1%
Cholesterol	186 mg	62%
Sodium	168 mg	7%
Total Carbs	62.4 g	21%
Fiber	18.9 g	76%
Sugars	5.4 g	11%
Protein	25.2 g	50%