

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 26: Hans's "Bingo" Salad & Frittata

This recipe is from our inaugural "Let's Meet in the Kitchen" LIVE episode, streamed April 2020

From Chef Hans: Every now and then, I like to use ingredients from my pantry. When I find the best ingredients for a nutritious & visually appealing recipe I think, "Bingo! I've got my meal!" and I can easily turn that dish into multiple meals & recipes. Cook once & eat twice or thrice! As I do not have a stomach, I like to search for ingredients high in plant-based protein, that are easy to digest, and universally interchangeable. As far as nutrition goes, fresh is best, frozen is next, and canned is last.

Note on dry beans: I like to buy dry beans in bulk and let them soak once so that I can continue to use them all week. I soak them overnight with a bay leaf. In the morning, I pour off the water then cover them in fresh water with 2 bay leaves and cook them according to the package. This helps reduce gassiness.

"BINGO" SALAD

Serves 4 - 6

This salad can be eaten on its own or added to the frittata recipe.

INGREDIENTS:

- 1 cup cooked navy beans **OR** canned navy beans, drained & rinsed
- 1 cup barley, cooked (or any prepared grain)
- 1 cup frozen chopped spinach, thawed & liquid pressed out
- 1 cup canned fire-roasted tomatoes (do not drain)
- 2 cloves garlic, chopped
- 1 teaspoon Out of the Blue salt **OR** salt & pepper
- ¼ t. fennel seed
- 2 tablespoons olive oil

DIRECTIONS:

Add the ingredients into a mixing bowl or salad bowl. Using salad tongs or a spoon, gently mix the ingredients together. It is ready to serve right away. It can also be saved for leftovers or added to other recipes!

"BINGO" RUSTIC FRITTATA

Serves 2 - 4

This recipe uses avocado oil which is excellent for high-temperature cooking. Eggs are a great source of protein and easily digestible.

INGREDIENTS:

- 3 eggs, beaten
- 1 teaspoon avocado oil
- 1 clove garlic, chopped
- 1 cup "Bingo" Salad
- ¼ cup 3 shredded cheese blend **OR** vegan cheese

DIRECTIONS: Preheat the oven broiler.

In an oven-proof pan over medium-high heat add the oil and heat for 1 minute. Then sauté the garlic for 1 minute. Add the "Bingo" Salad and allow to warm up, about 1 minute. Cover the salad with the beaten eggs. With a spatula, gently move the egg around to build volume in the frittata. When eggs are still slightly runny on top, place the pan under the broiler for 2 minutes. Keep a close eye on it as it can cook rather quickly. Remove from the oven.

Cut the frittata into quarters. Place each piece onto plates and garnish with a little extra salad! Enjoy!