Easy Crumb Cake

Makes 12 servings

Crumb Topping
- ¼ cup plus 2 tablespoons packed light brown sugar
- 2 tablespoons all-purpose flour
- ⅛ teaspoon cinnamon
- Pinch kosher or sea salt
- 2 tablespoons cold, unsalted butter, diced
- 2 tablespoons old-fashioned rolled oats
- 2 tablespoon chopped pecans (optional)

Cake
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup unsalted butter, room temperature
- 1½ cups packed light brown sugar
- ⅛ teaspoon kosher or sea salt
- 2 eggs, room temperature
- ½ teaspoon vanilla extract
- ⅔ cup buttermilk

1. Preheat oven to 350° F. Lightly coat a 9-inch square cake pan with vegetable oil spray.

2. To make crumb topping, pulse brown sugar, flour, cinnamon, and salt in a food processor. Add butter and pulse until mixture has a sandy texture. Add oats and pecans and pulse until incorporated. Transfer to bowl and freeze until ready to use. (Crumbs can be frozen in an airtight container up to 1 week).

3. To make cake, combine flour, baking powder, baking soda, cinnamon, and nutmeg in a medium bowl. Set aside.

4. In a large bowl, using an electric mixer, cream butter with brown sugar and salt at medium-high until fluffy, about 2 minutes. Beat in vanilla and eggs.

5. Turn mixer to low speed and beat in flour mixture 1/3 at a time, alternating with buttermilk, scraping bowl as needed until blended. Do not overbeat.

6. Spread batter in prepared pan and sprinkle with frozen crumbs. Bake 30 minutes, until golden brown and a toothpick inserted in the center comes out clean. Transfer to a wire rack to let cool. Serve warm or at room temperature. Cake will keep up to 3 days.
Scrambled Eggs with Arugula, Yogurt, and Chili Butter

Serves 2–4

- ¾ cup Greek yogurt
- Garlic clove, crushed
- Salt
- ¾ pound (14 cups) arugula
- 2 tablespoons olive oil
- 4 eggs
- 5 tablespoons unsalted butter, divided
- ½ teaspoon chili flakes
- ½ teaspoon sweet paprika or kirmizi biber (a Turkish spice)
- 6 sage leaves, thinly sliced
- Toasted whole-wheat pita bread rounds (optional)

1. Preheat oven to 300° F.
3. Place arugula and olive oil in a large frying pan. Add a pinch of salt and sauté on medium heat about 5 minutes, or until arugula wilts and most of the liquid evaporates. Transfer to a small ovenproof dish and make four wells in arugula.
4. In a bowl, lightly beat eggs with some water.
5. Melt 1 tablespoon butter in a frying pan over medium heat. Pour eggs into the pan and cook to desired doneness. Spoon eggs into arugula wells and keep warm in oven.
6. Melt remaining 4 tablespoons butter in a small saucepan. Add chili flakes, paprika, and a pinch of salt and cook 1–2 minutes or until butter starts to foam and turns golden red. Add sage and cook a few more seconds. Remove from heat.
7. Remove eggs and arugula from oven. Spoon yogurt over center of each well. Pour hot chili butter over yogurt and eggs. Serve immediately with toasted whole-wheat pita bread rounds, if desired.
Split Pea Soup

Serves 6

- 2 tablespoons olive oil, plus more for drizzling
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 teaspoon kosher or sea salt
- 1 teaspoon freshly ground black pepper
- 4 sprigs fresh thyme
- 2 small bay leaves
- 2 stalks celery, diced
- 2 carrots, peeled and diced
- 1 cup medium-dice red potatoes
- 1 pound split peas, washed
- 8 cups low-sodium chicken broth or water
- ¾ pound breakfast sausage links (optional)

1. Heat olive oil in large soup pot. Sauté onion, garlic, salt, and pepper about 10 minutes over medium-low heat until translucent and light golden.

2. Add thyme, bay leaves, carrots, potatoes, split peas, and chicken broth (or water). Bring to a boil. Reduce heat and simmer 40 minutes, uncovered, skimming foam as necessary.

3. Simmer an additional 40 minutes or until peas are soft, stirring often to keep vegetables from sticking to the bottom of the pot.


5. Ladle soup into warm bowls. Garnish with chopped sausage and a drizzle of olive oil.

**Note:** Serve with whole-wheat grilled cheese sandwiches for a hearty lunch or dinner.
Wonton Soup
Serves 6–8

- 12-ounce package small frozen wonton
- 6 cups low-sodium chicken or vegetable broth
- 6 slices peeled fresh ginger
- 2 large garlic cloves, crushed
- 5 fresh shiitake mushrooms, sliced
- 1 cup bok choy, cut into 1-inch pieces
- ½ red bell pepper, cut into ¼-inch slices
- 1 cup snow peas or sugar snap peas, strings removed
- 2 green onions, sliced
- 1 teaspoon toasted sesame oil
- Chopped cilantro for garnish
- Red pepper flakes or Sriracha sauce (optional)

2. Add mushrooms, bok choy, and bell pepper. Simmer 2 minutes.
3. Add frozen wonton and cook 2 minutes. Add peas, green onion, and sesame oil. Cook 1 minute. Remove from heat.
4. Ladle into warmed bowls. Garnish with cilantro and serve with red pepper flakes or Sriracha sauce, if desired.