

— THE EVERYDAY KITCHEN —

Satisfying Everyday Meals

Simple recipes. Thoughtful portions.

40
RECIPES



— EVELYN BROOKS —

WELCOME

Start with a recipe you want to make

A practical collection

Choose one breakfast, meal or snack that fits your day. The recipes use familiar ingredients and explicit portions. Start with a recipe you like, and add food or adjust portions for your own appetite and needs.

How the recipes were developed

These original formulations use established home-cooking methods and an editorial review of quantities, sequence, doneness and storage. They have not been represented as physically kitchen-tested. Cooking times and texture are estimates; use the doneness cues and a thermometer where instructed.

One person, two people, or a small batch

One-serving cards list quantities for one and two. Recipes using a whole egg or a small bake may have a fixed batch yield instead. The card tells you how many cookies, muffins, bars or portions make one serving.

Reading the numbers

Nutrition is estimated from ingredient weights and USDA references, with documented related-ingredient or manufacturer proxies where direct data are incomplete. Count all measured oil, salt and sweetener. Exact brands, substitutions and cooking losses change the numbers. Missing data are not silently set to zero.

About Evelyn and the visuals

Evelyn Brooks is a fictional, AI-created character. Food images are AI-generated illustrations, not photographs of cooking tests. These recipes offer general food ideas, not an individualized diet or medical treatment.

CONTENTS

Find your next recipe



EK1-B01	Spinach Eggs on Whole-Grain Toast	5
EK1-B02	Savory Mushroom Oatmeal with Parmesan	7
EK1-B03	Cottage Cheese Pancakes with Warm Raspberries	9
EK1-B04	Egg and Pepper Breakfast Tacos	11
EK1-B05	Overnight Pear Oats with Walnuts	13
EK1-B06	Tomato Ricotta Breakfast Flatbread	15
EK1-B07	Apple-Spiced Breakfast Bulgur	17
EK1-B08	Black Bean and Egg Breakfast Skillet	19
EK1-M01	Lemon Chicken with Potatoes and Zucchini	21
EK1-M02	Salmon with Barley and Green Beans	23
EK1-M03	Turkey-Stuffed Bell Peppers	25
EK1-M04	Chickpea and Roasted Cauliflower Couscous	27
EK1-M05	Beef and Broccoli Buckwheat Noodles	29
EK1-M06	Lentil and Mushroom Bolognese	31
EK1-M07	Shrimp and Corn Brown Rice Skillet	33
EK1-M08	Tofu Peanut Slaw Wraps	35
EK1-M09	Pork Tenderloin with Apples and Red Cabbage	37
EK1-M10	White Bean and Tuna Stuffed Sweet Potato	39
EK1-M11	Chicken Fajita Quinoa Bowls	41
EK1-M12	Eggplant and Lentil Cottage Pie	43

Spinach Eggs on Whole-Grain Toast



PREP	COOK	WAIT	TOTAL
5 min	7 min	0 min	12 min

1 serving; the entire recipe is one portion

Equipment: skillet, toaster.

Your ingredients

Ingredient	For one	For two
Large egg, out of shell	2 large eggs 100 g	4 large eggs 200 g
Fresh spinach	1.8 oz by weight 50 g	3.5 oz by weight 100 g
Whole-wheat bread	1.2 oz by weight 35 g	2.5 oz by weight 70 g
Fresh tomato	2.8 oz by weight 80 g	5.6 oz by weight 160 g
Olive oil	about 1 tsp 4.5 g	about 2 tsp 9 g
Fine table salt	about 1/16 tsp 0.375 g	about 1/8 tsp 0.75 g

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

Cook, enjoy & keep

Make it

- 1. Slice the tomato and toast the bread. Beat the eggs with the measured salt.
- 2. Heat the oil in a small nonstick skillet over medium-low heat. Wilt the spinach for 1-2 minutes.
- 3. Add the eggs and fold gently for 3-5 minutes until set without runny streaks; egg dishes should reach 160 F (71 C). Serve on the toast with tomato alongside.

Why this recipe fits

Two eggs make the protein component explicit. The bread and tomato are included in the serving, rather than treated as unlimited extras.

Estimated nutrition / serving

Calories 297 kcal	Protein 19.1 g	Carbohydrate 20.6 g
Fiber 4.2 g	Fat 15.6 g	Saturated fat 4.1 g
Total sugars 4.2 g	Added sugars 1.5 g	Sodium 490 mg

Allergen / ingredient notes: egg, wheat. Check all packaged ingredients and cross-contact for your needs.

Flexible choice: Keep the main ingredient proportions. Adjust only the small herb or spice amount to preference; packaged sauces, sweeteners and protein substitutions can alter nutrition and cooking behavior.

Keep and reheat: Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. Use refrigerated leftovers within 3 days, or earlier if an ingredient was already partway through its safe storage period. Freeze suitable plain cooked portions promptly for longer holding; aim to use within 1 month for quality. Texture after freezing is an estimate, not a tested result. Reheat hot leftovers to 165 F (74 C) throughout, checking several spots. Add a little water only if the texture needs loosening. Reheat the needed portion; the original storage clock does not restart.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See the opening notes for calculation assumptions.