

Use in many ways

- cook, add scrambled eggs
- finely chop, mix with low-fat cream cheese, salt & pepper -- put on bagel or toast
- cook with chopped potato, breakfast sausage and a little salsa
- cook with soup, stew, sloppy Joes, spaghetti sauce or tacos
- add raw to salad: green, tuna, egg or pasta
- stir fry with veggies like cabbage or broccoli
- make a pilaf – just cook and add to rice, barley couscous or pasta
- mix with hummus, lettuce, tomato, avocado, & sunflower seeds – wrap in a tortilla
- add as a topping for your homemade pizza