

Brown Rice Pesto Breakfast Bowl

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Before arriving in Los Angeles, I heavily researched the city in order to figure out what part of the city we'd live in. And by research I of course mean that I watched old episodes of the original Beverly Hills, 90210 and poured over the most recent Bon Appetit at the time that had a lovely spread about hipster hangout, "Sqirl" (so hipster, in fact, that the 'u', 'r', and 'e' are apparently not necessary). In the article, they mentioned a sorrel pesto bowl that is the restaurant's number one seller. At the time I was absolutely not interested in trying a savory bowl of sorrel for breakfast. Why in the world would I want brown rice when I could have cinnamon rolls or sticky buns or brioche toast!?!? I mean, come on!!





So when we arrived in Los Angeles in the summer of 2014, my patient husband and even more patient daughter let me drag

them to the Mecca of hipsterville, Silverlake, to stand in line with every other sucker and wait for breakfast. And let me tell you, it was one of the greatest culinary decisions I've ever made (and not only because within my first 24 hours in LA I got to see the high Jewess of the world, Natalie Portman, who was also eating at Sqirl). This meal was so. friggin'. YUMMY. I was feeling adventurous and also feeling that there was no way my husband was going to be up for shlepping all the way to Silverlake from the Westside again so I went ahead and passed by all the brioche options and ordered the brown rice pesto bowl. When our meal arrived, I looked at my husband's brioche toast topped with chocolate ganache and thought, "I have made the greatest mistake in the world". But then I took my first bite of the pesto bowl, all mixed in with lacto-fermented hot sauce (still have no idea what that means), feta cheese and a perfectly cooked poached egg and I knew I was forever changed. Let me tell you. Putting pesto in brown rice and topping with a poached egg, feta, radishes and hot sauce is THE GREATEST IDEA EVER. Therefore, I went ahead and copied it as much as possible. This has become my go-to Sunday morning breakfast ever since that fateful day in Silverlake.



Brown Rice Pesto Breakfast Bowls

Ingredients for Bowl:

1 cup cooked brown rice
1/2 cup pesto (see below)
2 eggs (or more, depending on how much you love eggs), poached
1/4 cups feta cheese
3 radishes sliced thin
Optional: Sriracha

Ingredients for Pesto:

2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach)
1/2 cup freshly grated Romano or Parmesan-Reggiano cheese (can omit and use 3 tbsp of nutritional yeast to make it vegan)
1/2 cup extra virgin olive oil.
1/3 cup chopped walnuts
3 garlic cloves, minced

Directions:

Cook brown rice according to package. Remember that brown rice takes about 45 minutes to cook so make sure you plan accordingly. Once done, transfer rice to a large mixing bowl and leave about 3 – 5 minutes.

For the pesto. If you want to be kind to yourself and your time, you can please feel free to buy pre-made pesto. If you want to make your own pesto, place the basil leaves and walnuts into the bowl of a food processor and pulse a several times. Add the garlic and cheese and pulse several times more. Scrape down the sides of the food processor with a rubber spatula. While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly, while the processor is running, will help it emulsify and help keep the olive oil from separating. Occasionally stop to scrape down the sides of the food

processor. Stir in some salt and freshly ground black pepper to taste. Set aside.

For the poached egg: I learned how to poach an egg via The Kitchn's tutorial so I'm sending you there for this recipe. Come back and read on when you're done. ☐

Once brown rice has somewhat cooled, add 1/2 cup of the pesto to your brown rice and combine. Top with 1 poached egg, feta, and sliced up radish. Serve hot.

Vegan Pasta e Fagioli



Vegan Pasta e Fagioli

Happy Chanukah, Happy Kwanzaa and a belated Merry Christmas! I hope everyone is having a wonderful holiday season. I am

currently mid-week through the second and last week of my winter break from school (day job is as a high school counselor) and I must admit, staycations in L.A. are pretty awesome. We were originally planning on heading to Ojai for a week during this vacation break but we cancelled our plans last-minute as we are actually moving soon so needed to save that cash money for the move. But, never fear! We live in an amazing city full of extremely expensive family activities so there are a lot of things to do only we haven't done them because of the aforementioned expensive. Ok, that's not true. We did ice skating one day, which cost so much money it's embarrassing. So aside from the ice skating, we haven't really ventured out much. It's shockingly cold in L.A. this season so we've done a lot of family baking/cooking projects, at-home movie matinees, neighborhood exploring (going to other neighborhoods and taking nice strolls through them) and grocery shopping. Lots and Lots of grocery shopping.





Due to the fact that it's the Chanukah season, we have also eaten our fair share of donuts and fried foods. That is, until

one day last week I decided it was time for some vegetables. I scoured Pinterest for some inspiration and settled on soup. Soup! Yes! It rained 4 days in a row this break (Baruch Hashem) so we were in the mood for something comforting and healthy. Back in my non-kosher days, the soup that would bring me this type of comfort was, no joke, The Olive Garden's Pasta e Fagioli. The perfect combo of vegetables, greasy meat and pasta! It's like a hug for your belly. The traditional Pasta e Fagioli is made with sausage so what's a kosher lady to do? Use soy crumbles and lots of fennel seed, of course! You are welcome to omit soy crumbles and just season your veggies with the seasonings I've listed below or you can also get some vegan sausage meat and use that. I've kosher Pasta e Fagioli with unseasoned soy crumbles and seasoned vegan sausage meat and I actually prefer the unseasoned soy crumbles. Honestly though, both are delicious.

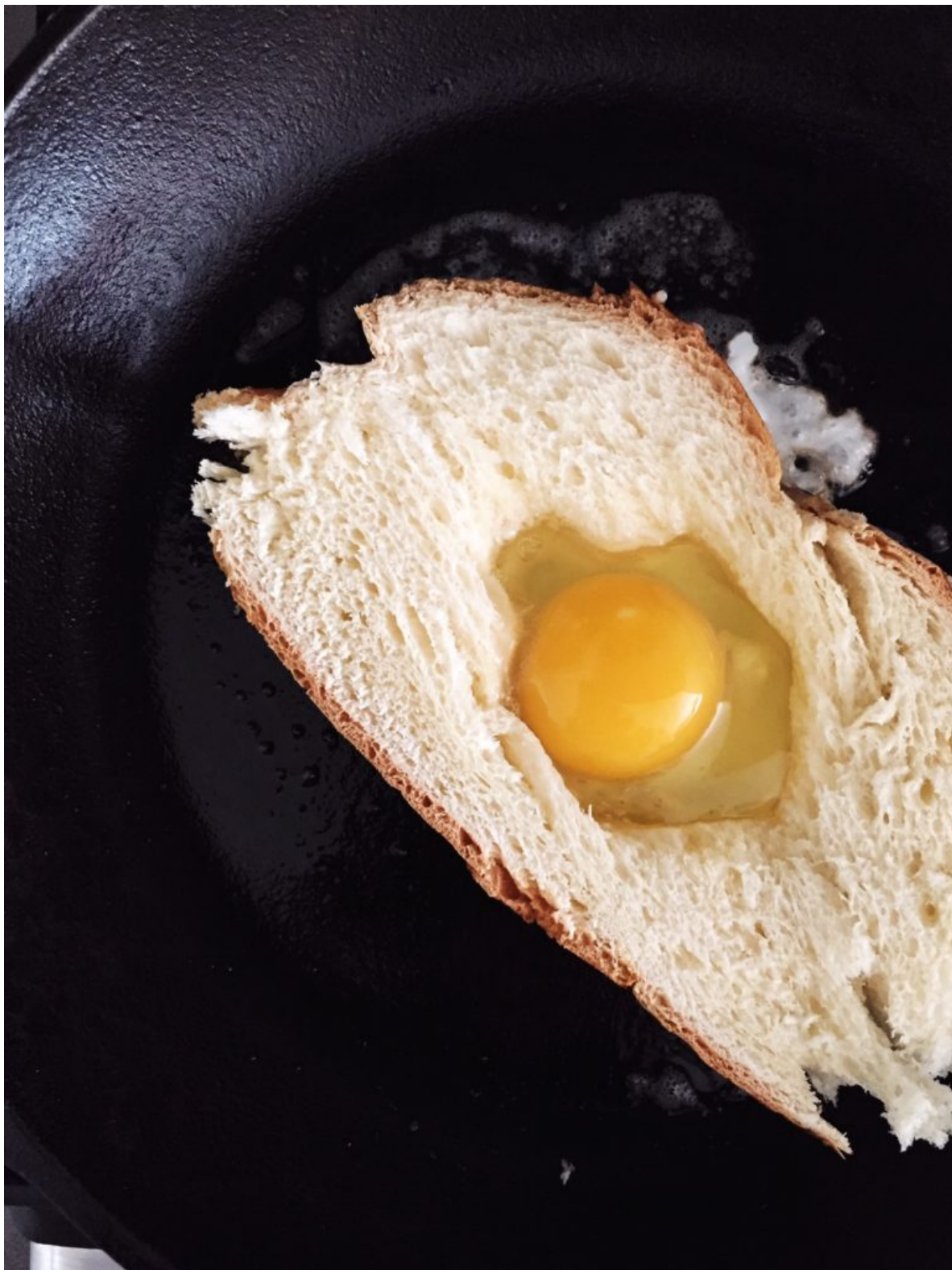




There have been donuts. LOTS and LOTS of donuts.



We did staycation right this Winter Break



We also ate the occasional dreidel toad-in-the-hole.



Whitney Fisch

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Added Me



Add Friends



My Friends



I joined Snapchat so that I could do a Snapchat takeover for The Feed Feed. Did you happen to see it? If not, it'll be up on The Feed Feed's site so check it out. But, do not look me up on Snapchat cause I deleted it yesterday. Not for me. No thank you.



Vegan Pasta e Fagioli

Ingredients:

- 1 cup ditalini pasta
- 3 tbsp olive oil, divided
- 2 cups soy crumbles or soy sausage
- 4 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 3 cups veggie broth
- 1 (16-ounce) can tomato sauce

- 1 (15-ounce) can diced tomatoes
- 1 1/2 tsp dried basil
- 2 tsp dried oregano
- 2 tsp dried fennel seed (1 tsp if using Italian-seasoned vegan sausage)
- 1 tsp dried thyme
- 1/2 tsp dried red pepper flakes
- 1 tbsp kosher salt
- 1/2 tbsp black pepper
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1 (15-ounce) can Cannellini beans, drained and rinsed

Directions:

1. In a medium pot of boiling salted water, cook pasta according to package instructions; drain well and set aside.
2. Heat 2 tbsp olive oil in a large stockpot or Dutch oven over medium heat. Add soy crumbles/sausage to the skillet and cook until browned, about 3-5 minutes. Make sure to break up the soy sausage crumble as it cooks; set aside once done.
3. Add remaining 1 tablespoon oil to the same stockpot. Stir in garlic, onion, carrots and celery. Cook, stirring occasionally, for 2 minutes.
4. Next, add the seasonings to the veggies and stir. Cook, stirring occasionally for another 2 to 3 minutes or until the vegetables are tender and the spices are fragrant.
5. Add in vegetable broth, tomato sauce, diced tomatoes, soy crumbles and 1 cup water; taste and add more salt if necessary. Bring to a boil; reduce heat and simmer, covered, until vegetables are tender, about 10-15 minutes.
6. Stir in pasta and beans until heated through. Serve while hot!

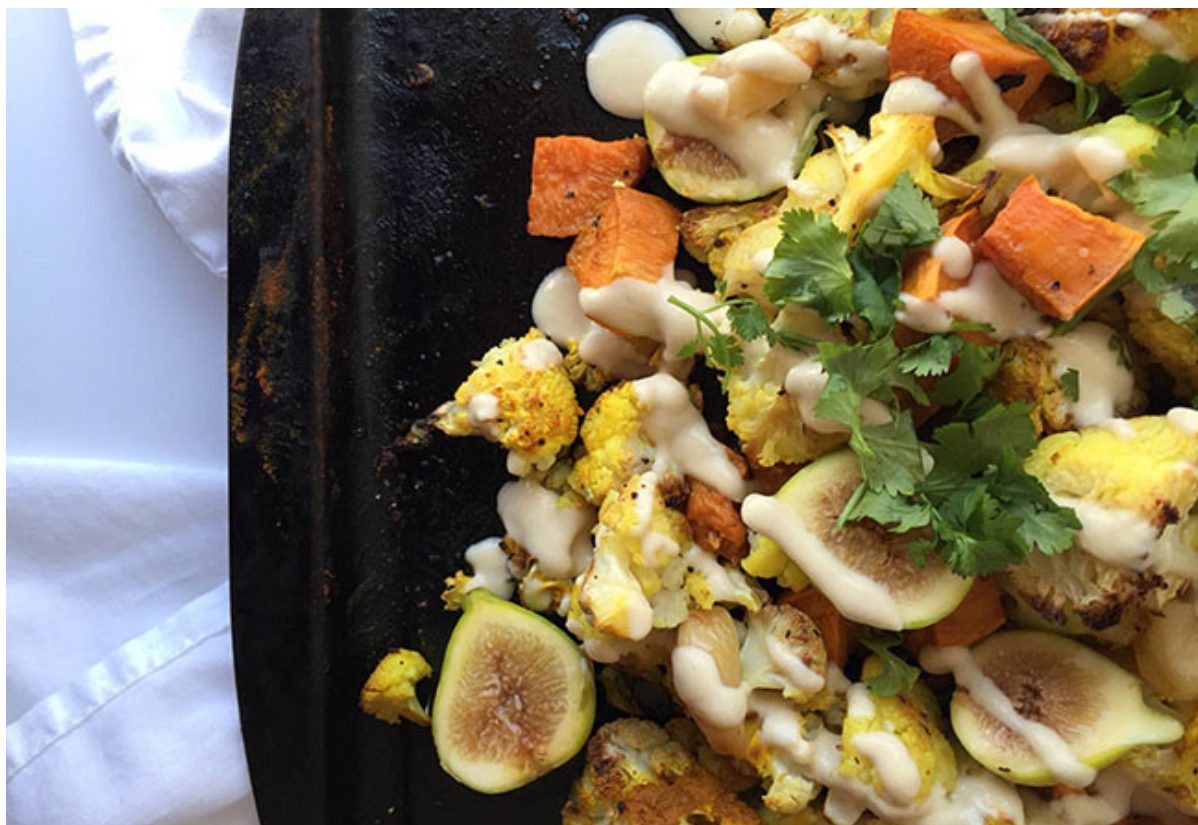
Jewhungry InterfaithFamily.com: Recipe Round-up!

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Well, the holidays are officially upon us. Even though I am steeped in food on the regular, I am still waaaaaaay behind in

my holiday preparations. I haven't even menu planned. Blargh!! I do this to myself every. single. year. I invite a ton of people over because I LOVE LOVE LOVE hosting but then I end up all stressed out the day of first night dinner because I'm running around trying to get sh*t done. It also doesn't help that I have a strict 8:30pm bedtime (I work full time and have 2 kids. I'm in survival mode here, people) so there's no staying up super late and doing tons of baking for me. Nope, I'd rather just woman up and deal with it come the day of the holiday. The good news, however, is that I know a few people in food with some amazing food blogs so inspiration is but a click and an hour of web-surfing away. The other bit of good news is that I've been writing for a lovely website called, InterfaithFamily.com, an organization whose mission is to support interfaith families exploring Jewish life. I've written several posts for them over the couple months so I thought I'd get organized and give you a look-see. I also had the IMMENSE pleasure of writing a guest post for Chanie at Busy in Brooklyn. All links will be posted below! I hope you get some inspiration for your holidays or your daily meal-planning. Shanah Tovah!



Roast Cauliflower and Sweet Potato wit Figs + Tahini



Cilantro, Lime + (Coconut Milk) Yogurt Grilled Chicken Wings



Buffalo Quinoa Burgers



Fall Farmer's Market Salad



Semolina Cara Cara Orange Cake



Shanah Tovah, from the littlest little queen and me!