

*Use either Vermont Morning Multigrain or Vermont Morning Wheat-Free Cereal*

Mix ½ cup of Vermont Morning grains per serving with ½ cup water, or liquid broth

- Use non-stick saucepan for stovetop
- Use glass bowl for microwave
- Optional, - add correct amount of no sodium, dehydrated powdered broth (beef, chicken or vegetable)

Cook Vermont Morning per serving (add a minute per serving for multiple servings)

- 8 to 10 minutes on the stovetop
- 8 minutes on MEDIUM in microwave (Not on HIGH, so it won't boil over)

Chop ½ cup yellow onion per serving or four scallions

Dice other veggies as desired (peppers, zucchini other squash, mushrooms corn, green beans, garlic, etc)

- Sauté veggies, over medium heat, in olive or canola oil until soft.
- Set aside

Add a bit of oil to sauté pan and empty cooked Vermont Morning into pan

- Break apart the cooked Vermont Morning and keep turning and crisping the grains
- Add salt and pepper to taste when grains begin to get crispy
- Add sautéed veggies and mix with hash browns, continue crisping the grains

Add desired flavor (spice or herb) to crisped Vermont Morning. Adding the spices at the end of the cooking brightens the flavors. You can add the spices to the broth before cooking the grains. Add more during the sauté process if needed.

- For breakfast with an egg, we like to add sage, cumin, chipotle pepper flakes, cajun spices, or curry
- For a pork entrée, nutmeg or sage are very nice
- For chicken, sage, tarragon or cumin do nicely
- For beef, we use Konriko Greek seasonings, any of the steak seasonings
- For ham, allspice or anise work
- For fish, lemon pepper works well
- For lamb, cumin, curry powder or rosemary work very well
- Vegetarians can use whatever spices or herbs suit their fancy and other dishes they are preparing.

Just before putting your entrée on the plate, grate your cheese of choice over the sautéed grains and melt it a bit in the microwave for 30 seconds.

If you are doing a Mexican dinner meal like Carne Asada, chipotle pepper flakes work well with a jalapeño-cheddar cheese melted on top and fresh cilantro, salsa and guacamole.

These “hash browns” work as a side dish at breakfast, lunch and dinner. The spices and herbs really take the grains in the flavor direction you want to go. The grains happily go with you!

You will find that you eat less beef, chicken, ham, pork, fish, etc., with the “hash browns” because, with 9/10 grams of protein, 8/9 grams of dietary fiber (3 grams of soluble fiber), they metabolize slowly and fill you up. As the old saw has it, Vermont Morning “sticks to your ribs!”