Caprese Salad

Ingredients:
- 2-3 tomatoes
- 1 bunch fresh basil
- 1 lb. fresh mozzarella
- Balsamic vinegar
- Olive oil, for drizzling
- Salt and pepper to taste

Directions:
1. Slice the tomatoes and mozzarella into ½ inch pieces
2. Layer the tomatoes, mozzarella and basil onto each other
3. Drizzle balsamic glaze and olive oil onto the ingredients and sprinkle with the salt and pepper to taste

Buttery Garlic Green Beans

Ingredients:
- 1 lb. fresh green beans trimmed and snapped in half
- 3 tbsp. butter or olive oil
- 3 cloves garlic, minced
- 2 pinches lemon pepper
- Salt to taste

Directions:
1. Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes
2. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
Stewed Zucchini and Summer Squash

Ingredients:
8 c. zucchini and summer squash chunks
1 large white onion, cut vertically in chunks
1 (28 oz.) can diced tomatoes
2 tsp. salt
1/2 tsp. black pepper

Directions:
1. Cut zucchini and summer squash into about 1" chunks to yield approximately 8 cups (it's okay if it's not exact ... a little more or a little less is just fine).
2. Put all ingredients into a large pot. Stir to combine.
3. Simmer until squash and onions are tender, about an hour, stirring approximately every 15 minutes.

Kale and Fruit Salad

Ingredients:
2 ½ cups kale, destemmed and chopped
1-2 tbsp. raspberry dressing
¼ cup blackberries
¼ cup raspberries
1 small apple, cubed
¼ cup walnuts, roughly chopped
¼ cup goat cheese (optional)

Directions:
Place kale and raspberry dressing in a bowl and massage kale for 45 seconds with the dressing to tenderize the leaves. Add the rest of the ingredients and enjoy!
Parmesan Broiled Tomatoes

Ingredients:
4 to 6 Roma tomatoes, halved lengthwise
1/2 c. Italian-style bread crumbs (or freshly made bread crumbs from about 2 slices of bread)
2/3 c. shredded Parmesan cheese
3 T. chopped fresh parsley
1/3 c. extra virgin olive oil
salt and pepper, to taste

Directions:
1. Place tomato halves on a broiler pan, cut side up.
2. In a mixing bowl, combine bread crumbs, Parmesan cheese, parsley, olive oil, salt, and pepper. Stir until well combined. Press a little bit of the mixture together with your fingers; if mixture is too dry to just barely hold together in a clump, drizzle and mix in a little bit more olive oil.
3. Top each tomato half with approximately one tablespoon of the Parmesan mixture, mounding it up on top of the tomato. Place tomatoes under a pre-heated broiler; broil until the cheese is melted and topping is lightly browned, about 3 - 5 minutes.

Tuna Salad Lettuce Wrap

Ingredients
6 oz. solid white tuna canned in water
1 medium red bell pepper
1/4 cup green onion chopped
1 tbsp. cilantro chopped
1 tsp. ground black pepper
1 wedge lemon
1 head romaine lettuce
1 tbsp. light mayonnaise

Directions:
1. Open and drain your tuna cans. Chop your green onion, bell pepper, and cilantro. Cut out a wedge of lemon.
2. In a bowl, combine your tuna, mayo, and black pepper.
3. Add your bell pepper. and stir together.
4. Squeeze in your lemon juice.
5. Rinse your lettuce and pull out the large pieces. About 8 of them for 4 people. spoon in about 1/2 cup of the tuna salad into the lettuce. Wrap and enjoy!
**Turnip Fritters**

**Ingredients:**
- 3 cups grated peeled turnips
- 1 or 2 eggs
- $\frac{1}{2}$ cup unbleached all-purpose flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. pepper
- 1 tsp. baking powder
- 1 to 3 tbsp. cooking oil

**Directions:**
1. In a large bowl, combine grated turnips and eggs until thoroughly coated. Dump dry ingredients on top and stir to combine.
2. Preheat a large skillet over medium-high heat and add about a tablespoon of oil. When it is shimmery, drop about $\frac{1}{4}$ cup of batter into the skillet and spread out. When the bottom is lightly browned, flip over and continue cooking the other side. It takes about 5-8 minutes total to cook each fritter.
3. Transfer to a warm oven to keep them, or just leave them on a plate until all the batter has been cooked.
4. Add another tablespoon of oil to the skillet as needed.

**Sugar Snap Peas**

**Ingredients:**
- 1½ lbs. sugar snap peas
- 1 tbsp. extra virgin olive oil
- 1½ tsp. kosher salt
- $\frac{3}{4}$ tsp. ground pepper

**Directions:**
1. Remove and discard the stem end and string from each sugar snap pod.
2. Heat the olive oil in a large sauté pan over medium-high heat. Add the sugar snap peas, salt and pepper and sauté, tossing occasionally for 3 to 5 minutes, until the sugar snap peas are crisp tender.
3. Place the sugar snap peas in a serving bowl and enjoy!
**Roasted Beet and Arugula Salad**

**Ingredients:**
- 6 cups fresh arugula
- 6 medium sized beets, cubed and roasted
- ½ cup dried cranberries or cherries
- ¼ cup balsamic vinegar
- 1 tbsp. honey
- 1/3 cup extra virgin olive oil
- 3 oz. feta cheese, coarsely crumbled

**Directions:**
1. Line baking sheet with foil. Preheat the oven to 450° F
2. Whisk the vinegar and honey in medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper.
3. Toss the beets in a small bowl with enough dressing to coat.
4. Place the beets on the prepared baking sheet and roast until beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.
5. Toss the arugula, and cranberries (or cherries) in a large bowl with enough vinaigrette to coat. Season the salad, to taste with salt and pepper.
6. Arrange the beets around the salad. Sprinkle with the feta cheese and serve.

**Sautéed Fennel**

**Ingredients:**
- 1 large (or two small) fennel bulbs
- 2 cloves garlic
- 2 tbsp. extra virgin olive oil
- 1 tsp. dried or fresh dill, chopped finely
- ¼ cup white wine (or white grape juice)
- Enough stock (or water) to cover fennel in the pan

**Directions:**
1. Cut fennel bulb into slices about the width of your thumb and chop the garlic.
2. Put the oil into the pan at medium heat and add garlic, sauté until aromatic.
3. Add fennel to the pan and toss a few times to coat evenly in the olive oil and add the dill.
4. Add the wine (or grape juice) and stock (or water) and allow to simmer at medium heat for approx. 20 minutes or until fennel is tender.
5. Add salt and pepper to taste and enjoy!
Eggplant Parmesan

Ingredients:
3 medium sized eggplant
16 oz. parmesan and/or mozzarella
3-10 leaves basil
6 cups red pasta sauce
2 large eggs
Enough bread crumbs/flour to cover eggplant slices

Directions:
1. Layer a small drizzle of olive oil on the bottom of a baking pan and set your oven to 350°F.
2. Wash eggplant and thinly slice to ½ inch thickness.
3. Dip eggplant into whisked eggs then dip into bread crumb or flour and pan fry until golden brown or layer in pan and roast until golden brown.
4. Remove baking pan and add 6 cups of pasta sauce then layer with cheese and sprinkle half of the basil leaves on top.
5. Place baking pan back in the oven for 35 minutes.
6. Remove from oven and allow to cool, add the other half of basil leaves on top and enjoy!

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Rosemary Chicken and Potato Wedges

Ingredients:
2 chicken thighs
4 quartered red potatoes
⅛ cup olive oil
1 tbsp. rosemary
2 tsp. oregano
1 tsp. garlic powder
Salt and pepper to taste

Directions:
1. Assemble all ingredients in a baking pan and bake for 1 hour at 375°F.
Homemade Salsa

**Ingredients:**
- 3 large tomatoes, diced
- 2 peppers
- 2 garlic cloves, minced
- 2 tbsp. lime juice
- 3 tbsp. basil, finely chopped
- 1/4 cup cilantro, finely chopped
- Sea salt, to taste

**Directions:**
1. Add all ingredients in a bowl and mix to combine!

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Garden Caponata

**Ingredients:**
- 2 medium yellow squash
- 1 large eggplant
- 1 large potato
- 1 large red onion
- 3 cloves garlic
- 1 large can tomatoes
- ¼ cup olive oil
- Salt, pepper, and oregano to taste

**Directions:**
1. Preheat oven to 400°F
2. Pour canned tomatoes into a large baking pan and spread evenly
3. Chop all vegetables into 1 inch. Pieces, and mice garlic finely.
4. Toss all vegetables into the olive oil, salt, pepper, and oregano
5. Place vegetables into baking pan atop the tomato sauce, cover with foil, and bake for 20 minutes.
6. Remove foil and bake again for 30 minutes, serve and enjoy!
Mango Radish Cucumber Salad with Lime Dressing

Ingredients:
- 1 mango, peeled and cut into wedges
- 1 bunch radishes (about 8), halved or quartered
- 2 tbsp. extra-virgin olive oil
- ½ cucumber, thinly sliced
- 1 tbsp. honey
- 1 tsp. finely grated lime zest
- 2 tablespoons lime juice
- Salt to taste

Directions:
1. Arrange mango, cucumber, and radishes on a plate.
2. Whisk together lime zest, lime juice, oil, honey, and season with salt.
3. Drizzle dressing over salad and enjoy!

Nasturtium Salad with Balsamic Dressing

Ingredients:
- Balsamic Dressing
  - 1 tbsp. Dijon mustard
  - 1 tbsp. balsamic vinegar
  - ½ cup extra virgin olive oil
- Salad
  - 6 cups mixed lettuce
  - 6 small nasturtium leaves
  - 1 cup watercress
  - 2 nasturtium flowers to garnish

Directions:
1. Whisk together the mustard and vinegar. Drizzle the oil in, whisking constantly, until smooth.
2. Place half the dressing in the base of a salad bowl and add the lettuce leaves, nasturtium, and watercress. Toss the leaves gently to coat in the dressing. Garnish with nasturtium flowers and serve.
3. Serve the remaining dressing on the side.
Baked Cucumber Chips

Ingredients:
- 2 medium cucumbers
- 1 tbsp. olive oil
- 2 tsp. apple cider vinegar
- ½ tsp. sea salt

Directions:
1. Slice cucumber very thinly.
2. Remove excess moisture from slices using a paper towel.
3. Put cucumber slices in a large bowl and toss with oil, vinegar, and salt.
4. Place slices on parchment lined baking tray. Put into an oven at 175° F for 3-4 hours or until crispy.
5. Allow slices to cool before serving.

Carrot Greens and Lentil Soup

Ingredients:
- 3/4 lb. carrots, peeled
- 0.2 lb. carrot greens, rinsed and patted dry
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 tbsp. olive oil
- 6 cups chicken broth
- ½ cup dried brown lentils, rinsed and drained

Directions:
1. Cut carrots into thin slices and finely chop carrot greens. Set aside separately.
2. In a large pot over medium heat, soften onion and garlic in the oil.
3. Add carrot slices and cook for 2 minutes, season with salt and pepper. Add broth and lentils.
4. Bring to a boil, cover and let simmer for 25 minutes or until lentils are tender. Let cool slightly, serve, and enjoy!
**Arugula and Strawberry Salad**

**Ingredients:**
- Strawberries, rinsed & quartered
- 2 tbsp. olive oil
- ½ cup toasted pecan halves
- 2 tbsp. balsamic vinegar
- 2 bunches of arugula
- Salt and pepper

**Directions:**
1. In a large bowl, toss strawberries with 1 tablespoon balsamic vinegar; let sit 5 to 10 minutes.
2. In a small bowl, whisk together remaining tablespoon balsamic vinegar with the olive oil and salt and pepper.
3. To the strawberries, add vinaigrette, arugula, and toasted pecan halves. Toss to combine and serve.

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**Garlic Kale**

**Ingredients:**
- 1 bunch kale
- 1 tbsp. olive oil
- 1 tsp. garlic minced

**Directions:**
1. Remove and discard stems from the kale leaves and chop into 1-inch pieces.
2. Heat olive oil in a large skillet over medium heat; cook and stir garlic until sizzling, about 1 minute. Add kale to the skillet and place a cover on top.
3. Cook, stirring occasionally, until kale is bright green and slightly tender, 5 to 7 minutes.
Veggie Melts with Smoked Mozzarella

**Ingredients:**
- 1 fennel bulb, quartered, cored and thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 bunch broccolini, florets quartered, and stems halved crosswise and quartered lengthwise
- 4 slices whole-grain bread
- 4 oz. smoked mozzarella cheese, shredded, divided
- 2 tsp. olive oil
- 4 tsp. balsamic vinegar
- Salt and pepper

**Directions:**
1. Preheat oven to 400°F. In a large nonstick skillet, heat oil on medium. Add fennel slices and bell pepper and sauté, stirring often, until lightly browned, about 5 minutes.
2. Add broccolini florets and stems, increase heat to medium-high and sauté until tender, 5 to 7 minutes. Reduce heat to low and stir in vinegar, salt and pepper.
3. On a rimmed baking sheet, arrange bread in a single layer and sprinkle half of the cheese, dividing evenly.
4. Top with fennel mixture and remaining cheese, dividing evenly. Bake until cheese melts, 5 to 8 minutes. Sprinkle with fennel fonds.

Burrata Mushroom Bites

**Ingredients:**
- 2 tomatoes, diced
- 6 large crimini mushrooms, stemmed
- 1/2 cup baby arugula, coarsely chopped
- 4 oz. fresh burrata cheese, room temperature, patted dry and torn into 6 pieces
- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 2 tsp. basil
- Salt and cumin to taste

**Directions:**
1. Preheat oven to 425˚F. Line a large rimmed baking sheet with parchment paper. In a bowl, combine tomatoes, 1 tsp each oil, vinegar and basil and salt and cumin. Spread in a single layer in center of baking sheet, leaving room along outer edges.
2. In same bowl, combine mushrooms, remaining 2 tsp oil, 1 tsp each vinegar and basil and salt and cumin. Arrange mushrooms stem side up along outer edges of baking sheet. Bake for 15 minutes. Turn mushrooms, stirring juices into tomatoes, and bake until mushrooms are tender, about 5 minutes.
3. Place 1 mushroom stem side up on top of a plate and place 1-piece cheese in cavity of each. Arrange tomatoes over cheese and garnish with arugula.
Tomato Tea Sandwiches

Ingredients:

- 6 tbsp. cream cheese, softened
- 2 ½ tsp. pesto
- 12 thin slice white (or wheat) bread slices, toasted
- 1 large tomato, cut into slices
- 1 medium-sized red onion, thinly sliced

Directions:

1. Stir together cream cheese, pesto, pepper, and salt in a small bowl until combined.
2. Spread cream cheese mixture on 1 side of toasted bread slices. Place 1 tomato slice and about 1/4 cup onion slices on each of 6 bread slices. Sprinkle evenly salt.
3. Cover with remaining 6 bread slices. Cut sandwiches in half; serve immediately.

Tomato, Peach, and Corn Salad

Ingredients:

- 2 large tomatoes, cut into wedges
- 1 peach diced
- 1 cup fresh corn kernels
- ¼ cup honey vinaigrette
- 2 oz feta cheese crumbled
- Salt and pepper

Directions:

1. Combine tomato wedges, diced peach, and corn in a medium bowl. Sprinkle with salt. Drizzle with Honey Vinaigrette and toss to coat.
2. Divide salad among 4 plates or serve on 1 large platter. Top with feta, and sprinkle with black pepper.
## Cornbread Panzanella with Squash

**Ingredients:**
- 2 tbsp. olive oil
- 2 cups yellow squash cut into 1-inch cubes
- 15 oz. store-bought cornbread cubed and toasted (do not use sweet cornbread!)
- 1 cup diced zucchini
- 4 oz. fresh mozzarella cheese, torn
- ½ cup honey vinaigrette
- Salt and Pepper

**Directions:**
1. Heat oil in a medium saucepan over medium. Add yellow squash, salt, and pepper. Cook, stirring occasionally, until tender, about 5 minutes. Remove from heat.
2. Toss together cornbread, zucchini, and mozzarella in a large bowl. Add cooked yellow squash, and drizzle with Honey Vinaigrette. Toss gently to combine. Serve immediately.

## Fig Flatbread

**Ingredients:**
- 1 tbsp. olive oil
- 1 small red onion, sliced
- 14 oz. store-bought fresh pizza dough
- 6 figs, thinly sliced crosswise, divided
- 8 oz. goat cheese, crumbled (about 2 cups)
- 1/4 cup balsamic vinegar
- 1 cup loosely packed arugula
- Salt and pepper to taste

**Directions:**
1. Preheat oven to 450°F. Heat oil in a saucepan over medium. Add red onion salt and pepper. Cook, stirring, until tender, 2 minutes.
2. Roll pizza dough into a 1/4-inch-thick, 17- x 11-inch rectangle. Place on a large baking sheet lined with parchment paper. Sprinkle with salt and pepper. Top evenly with cooked onions, one-third of the fig slices, and cheese. Bake until crust is lightly browned and done, 15 to 20 minutes.
3. Meanwhile, cook balsamic vinegar in a small saucepan over medium-high until reduced by half, about 5 minutes. Top flatbread with remaining figs, arugula, and balsamic reduction.
Spinach, Hummus, and Bell Pepper Wraps

Ingredients:
- 2 (1.9-oz.) whole-grain flatbreads (such as Flatout Light)
- 1/2 cup roasted garlic hummus
- 1 small red bell pepper, thinly sliced
- 1 cup firmly packed fresh baby spinach
- 1 oz. crumbled tomato-and-basil feta cheese (about 1/4 cup)

Directions:
1. Spread each flatbread with 1/4 cup hummus, leaving a 1/2-inch border around the edge.
2. Divide the bell pepper evenly between the flatbreads; top each with 1/2 cup spinach and 2 tablespoons cheese. Starting from one short side, roll up the wraps. Cut each wrap in half, and secure with wooden picks.

Broccoli with Red Pepper Flakes and Toasted Garlic

Ingredients:
- 2 tsp. olive oil
- 6 cups broccoli florets
- ¼ tsp. crushed red pepper
- 3 garlic cloves, thinly sliced
- ¼ cup water
- Salt to taste

Directions:
1. Heat olive oil in a large nonstick skillet over medium-high heat.
2. Add broccoli, salt, crushed red pepper, and sliced garlic.
3. Sauté 2 minutes. Add ¼ cup water. Cover reduce heat to low and cook for 2 minutes or until broccoli is crisp-tender.
Tortellini Salad with Zucchini and Peas

Ingredients:
- 1 pkg. refrigerated whole-wheat 3-cheese tortellini
- 2/3 cup peas
- 2 medium zucchinis
- 2 tbsp. olive oil
- 2 garlic cloves, minced
- 1 tbsp. lemon juice
- Salt and pepper to taste

Directions:
1. Cook pasta according to package directions, omitting salt and fat; add peas for the last 6 minutes. Drain, and cool 10 minutes; place pasta and peas in a medium bowl.
2. Using a vegetable peeler, shave zucchini into ribbons.
3. Heat 1 1/2 teaspoons oil in a medium skillet over medium. Add garlic; cook, stirring constantly, 30 seconds. Remove from heat. Add zucchini; stir constantly until zucchini is slightly softened, about 1 minute. Add zucchini mixture to tortellini mixture in bowl.
4. Combine rind, juice, salt, pepper, and remaining 1 1/2 tablespoons oil. Drizzle over tortellini mixture; toss gently to coat. Sprinkle with basil, if desired.

Black-Eyed Pea Salad

Ingredients:
- 1 cup halved grape tomatoes
- 2 1/2 tbsp. canola mayonnaise
- 2 tbsp. red wine vinegar
- 1 (15-oz) can unsalted black-eyed peas, rinsed and drained
- 2 cups baby arugula
- Salt and Pepper to taste

Directions:
1. Combine tomatoes, mayonnaise, red wine vinegar, black-eyed peas, salt and pepper in a large bowl. Stirring to coat.
2. Add arugula; toss gently to combine and enjoy!
Beet Salad with White Beans and Orange

Ingredients:
- 1 lb. golden beets, peeled and cut into wedges
- 1 large navel orange
- 1 cup drained and rinsed unsalted cannellini beans
- 1 tbsp. fresh cilantro
- 1 tbsp. sherry vinegar
- Salt and Pepper to taste

Directions:
1. Wrap beets in microwave-safe parchment paper. Microwave at high until tender, 11 to 12 minutes. Let stand for 5 minutes.
2. Peel orange and cut into segments and discard membranes.
3. Combine beets, orange, and cannellini beans on a small platter.
4. Sprinkle evenly with cilantro, vinegar, salt, and pepper.

Sweet Potato Fries with Blue Cheese

Ingredients:
- 1 tbsp. olive oil
- 2 medium sweet potatoes, peeled and cut into ½ inch thick strips
- 1 tbsp. apricot preserves
- 2 tbsp. crumbled blue cheese
- Salt to taste

Directions:
1. In a large skillet, heat oil over medium heat. Add sweet potatoes; cook until tender and lightly browned, turning occasionally, 12-15 minutes.
2. Add preserves, stirring to coat; sprinkle with salt and top with blue cheese.
Grilled Turnips with Dill Olive Oil

**Ingredients:**

**Turnips:**
1 large turnip, cubed  
1 tbsp. olive oil  
½ tsp. sea salt  
¼ tsp. black pepper  

**Dill Oil:**
2 tsp. minced fresh dill  
1 tbsp. olive oil  
¼ tsp. lemon juice  
¼ tsp. salt  

*Alternative: Roast in oven at 400 degrees, do not use kabobs (20 mins).*

**Directions:**

If using wood skewers, soak in water for at least an hour before using.

To make the turnips:
1. Bring a pot of water to a boil over high heat, add the turnips, and cook for 2 minutes.
2. Drain, add to a bowl, and toss with the olive oil, salt, and pepper.
3. Preheat the grill to medium-low. Thread the turnips onto skewers and grill until lightly charred, 2 to 3 minutes on each side.

To make the dill oil:
1. Combine all the ingredients in a bowl and whisk together. Drizzle the dill oil over the grilled turnips and serve while still hot.

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Raw Turnip Salad

**Ingredients:**

3 medium turnips, peeled and grated  
3 medium carrots, peeled and grated  
½ cup chopped parsley  
1 cup raw pumpkin seeds  
Juice of ½ lemon  
2 tbsp. olive oil  
Sea salt to taste

**Directions:**

1. Place the turnips, carrots, parsley, and pumpkin seeds into a salad bowl. Add the lemon juice and olive oil. Season with salt and toss to combine.
Roasted Potato and Turnip Mash

Ingredients:
- 6 Yukon Gold Potatoes (medium sized), peeled and cubed
- 2 turnips, peeled and cubed 1 inch
- 2 tbsp. olive oil
- Salt and pepper
- ½ cup whole milk, warmed
- 2 tbsp. butter, melted
- 1 spring fresh thyme, leaved removed from stem and finely chopped

Directions:
1. Preheat the oven to 400 degrees
2. Place the potatoes and turnips on a baking sheet in a single layer, drizzle them with olive oil and season with salt and pepper. Roast the vegetables for 20 minutes. Then, remove the pan from the oven, stir the veggies and continue roasting for 20 minutes longer. The potatoes and turnips will be tender and lightly golden brown when finished.
3. Transfer the veggies to the bowl of a stand mixer fitted with the paddle attachment. Whip the potatoes on medium speed until creamy, but so you still have some chunks. Turn the mixer down to low speed and add in the milk, melted butter, and thyme leaves. Taste the mash and season with additional salt and pepper to taste, if necessary.

Spicy Skillet Turnips Greens Recipe

Ingredients:
- 1 tsp. olive oil
- 1 medium onion cut into wedges
- 1 lb. turnip greens chopped
- ¼ cup water
- Pinch brown sugar
- 1/8 tsp. red pepper flakes

Directions:
1. Drizzle olive oil into skillet over medium heat
2. Add onion and cook until just tender, about 3 minutes. Then add ½ of turnip greens. Allow to cook down and add the remainder of the greens.
3. Add water, brown sugar and red pepper flakes. Adjust the amount of red pepper to your personal taste.
Sautéed Cabbage

**Ingredients:**
- 1 small head white cabbage, including outer green leaves (2 1/2 pounds)
- 2 tbsp. unsalted butter
- 1 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper

**Directions:**
1. Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2. Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt, and pepper and sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season, to taste, and serve warm.

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Greek Yogurt Broccoli Salad

**Ingredients:**
- 3 small heads of broccoli, cut into bite-sized florets
- 1 medium red onion, chopped
- 1/2 cup walnuts or sunflower seeds or both!
- 1/2 cup dried cranberries
- 1/2 cup bacon crumbled
- 3/4 cup plain Greek yogurt
- 3 tbsp. raw sugar
- 1 1/2 tsp. white wine vinegar

**Directions:**
1. In a small mixing bowl, combine the Greek yogurt, sugar, and vinegar together thoroughly. Set aside.
2. In a larger bowl, add in the broccoli, onion, nuts or seeds, cranberries, and bacon.
3. Drizzle the dressing over top the salad and toss until evenly coated.
Garlic Mushroom Quinoa

Ingredients:
1 cup quinoa
1 tbsp. olive oil
1 lb. cremini mushrooms, thinly sliced
5 cloves garlic, minced
1/2 tsp. dried thyme
Kosher salt and freshly ground black pepper to taste
2 tbsp. grated Parmesan

Directions:
1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Serve immediately, garnished with Parmesan, if desired.

Creamy Mushroom Soup

Ingredients:
3 tbsp. flour
4 cups water
2 chicken bouillon cubes
5 oz. shiitake mushrooms, sliced
8 oz. baby bella, sliced
1 celery stalk
1 tbsp. light butter (optional)

Directions:
1. Place cold water and flour in a blender and blend until smooth; pour into a medium pot and set heat to medium.
2. Add celery, mushrooms, chicken bouillon and butter and bring to a boil.
3. Cover and simmer until vegetables are soft, about 20 minutes.
4. Remove celery and a cup of soup and place in a blender, blend until smooth, then return it to the pot and simmer a few minutes.
Tofu Bok Choy Stir fry

Ingredients:
1 lb. firm or extra firm tofu
1 tbsp. canola oil
3 to 4 scallions
1 large bunch bok choy (stalks and leaves), sliced crosswise
2 cloves garlic, minced
4 tbsp. natural, sweet & sour sauce or stir fry sauce
2 tbsp. water
1/4 cup coarsely chopped peanuts (optional)

Directions:
1. Cut the tofu into 1/2-inch-thick slices
2. Press tofu between clean tea-towels or several layers of paper towel, then cut into 1/2-inch dice
3. Heat the canola oil in a stir-fry pan or wide skillet
4. Add the tofu and stir-fry over medium-high heat until golden on most sides
5. Add the bok choy, scallions, garlic, stir-fry sauce, and 2 tbsp. of water
6. Quickly stir together, then stir-fry for another 3 to 4 minutes, just until the bok choy and its leaves are wilted
7. Stir in the optional peanuts and serve at once

Roasted Sweet Potato with Honey and Cinnamon

Ingredients:
4 sweet potatoes, peeled and cut into 1-inch cubes
1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
1/4 cup honey
2 tsp. ground cinnamon
Salt and freshly ground black pepper

Directions:
1. Preheat oven to 375 degrees F.
2. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.
3. Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil.
Hummus

**Ingredients:**

- ½ cup of chickpeas
- ¼ cup fresh lemon juice
- ¼ tahini
- 1 garlic clove minced
- 2 tbsp. virgin olive oil
- ½ tbsp. ground cumin
- Salt
- Water
- Ground paprika
- Blender

**Directions:**

1. Combine tahini and lemon juice in the blender. Blend for 1 minute.
2. Add olive oil, garlic, ground cumin, ½ teaspoon of salt. Blend for 30 seconds. (scape the sides)
3. Rinse the chickpeas, add half of peas to blender for 1 minute. Then, add remaining peas and blend for another 1-2 minutes.
4. If too thick, add water SLOWLY! Add 2-3 tablespoons at a time until smooth as desired.
5. Add salt, drizzle olive oil and paprika to the finish product.

Moringa Smoothie

**Ingredients:**

- 2 frozen bananas
- 3 tbsp. peanut butter
- 3 tbsp. raw cacao powder
- 2 tbsp. moringa dried leaves (or powder)
- 4 ice cubes
- 2 pitted dates
- 1 cup unsweetened vanilla almond milk
- Blender

**Directions:**

Add all ingredients to blender and blend until smooth.
“Southern-Style” Vegan Collard Greens

Ingredients:

- 1 tbsp. olive oil
- 1 tbsp. butter
- 1/2 large onion, chopped
- 1 tsp. red pepper flakes
- 1 clove garlic, finely chopped
- 1 lb. collard greens, chopped
- 3 cups vegetable stock
- 2 tomatoes, seeded and chopped
- Salt and freshly ground black pepper

Directions:

1. In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute.
2. Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

Cheesy Cauliflower Mash

Ingredients:

- 1 head cauliflower
- 2 tbsp. butter
- 1 cup cheddar cheese, plus more for garnish
- Fresh chives, chopped
- Salt and Pepper to taste

Directions:

1. Chop the head of cauliflower into florets
2. Put cauliflower into a medium pot and cover with water, add a pinch of salt and boil for 15 minutes, or until the cauliflower is soft.
3. Drain the cauliflower, then return to the pot.
4. Add the butter, and another pinch of salt to the flower and mash the ingredients together until the texture is creamy.
5. Add pepper and cheddar cheese and stir to combine.
6. Garnish with chives and more cheddar cheese and enjoy!
### Toast with Kumquat Marmalade and Goat Cheese

**Ingredients:**
- ¼ cup water
- ¼ cup sugar
- 12 oz. kumquats, rinsed, cut into ¼-inch rounds, seeds removed
- ½ tsp. finely chopped fresh rosemary, plus one sprig
- ½ tsp. black peppercorns, coarsely crushed
- 4 slices multigrain bread
- 6 tbsp. soft goat cheese

**Directions:**
1. Combine water and sugar in a saucepan set over medium-low heat. Cook, stirring, until sugar dissolves. Add kumquats, peppercorns, and rosemary sprig. Bring to a simmer and cook for 10 to 15 minutes, stirring occasionally, until kumquats are translucent, and liquid has become syrupy.
2. Remove marmalade from heat and remove rosemary sprig. Stir in chopped rosemary and set aside.
3. Lightly toast each bread slice. Spread goat cheese over toast and top with a generous scoop of marmalade.

### Zesty Kumquat Salad

**Ingredients:**
- 1 cup quinoa
- 1 cup low-sodium vegetable broth
- ¼ cup water
- 1 cup packed arugula
- 1 cup chopped seeded kumquats
- ¼ cup lemon juice
- 2 tbsp. olive oil

**Directions:**
1. Bring water and broth to a boil in a small saucepan. Add quinoa, reduce to a simmer, cover, and cook until liquid is absorbed, about 15 minutes.
2. Let quinoa cool briefly, then transfer to a large bowl with remaining ingredients.
3. Toss to combine and season, if needed. Serve warm, room temperature, or cold.
**Calamondin Shrimp**

**Ingredients:**
- ¼ cup calamondin orange juice
- 1 ½ tbs. butter
- 1 tsp. garlic, minced
- ½ cup parmesan cheese
- 1 lb. fresh shrimp peeled, deveined, tails removed
- 1 tbsp. fresh parsley
- Salt and pepper to taste

**Directions:**
1. Combine the calamondin juice, extra virgin olive oil and cheese. Set aside.
2. In a large skillet over medium heat, melt butter. Add the minced garlic and the shrimp. Sauté until shrimps turn to pink, in about 5 to 6 minutes. When shrimps are completely cooked, remove from the heat and add the calamondin-cheese sauce.
3. Serve warm with a side of salad greens or steamed vegetables.

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**Kohlrabi with Pistachios and Sage**

**Ingredients:**
- 2 tbsp. unsalted butter
- 1 clove garlic, minced
- 2 lbs. kohlrabi, peeled and cut into ¾-inch cubes
- 2 tbsp. water, or more as needed
- 1 tbsp. fresh sage, chopped
- 2 tbsp. chopped salted roasted pistachios
- Salt and Pepper to taste

**Directions:**
1. Melt butter in a large skillet over medium-high heat. Add garlic, kohlrabi, salt and pepper and cook, stirring often until the garlic stars to brown, 3 to 4 minutes.
2. Add water, cover and allow to steam. Cook removing lid occasionally to stir the kohlrabi and adding water as necessary until the kohlrabi is crisp tender, 8 to 10 minutes longer.
3. Remove lid, stir in sage and cook, stirring until the stage is fragrant, 1 to 2 minutes. Remove from the heat and sprinkle pistachios over top.
Egg Sandwich
with Mustard Greens and Avocado

Ingredients:
- 1 cup mustard greens, thick stems discarded and leaves coarsely chopped
- 1 avocado, chopped
- 1 tsp. fresh lemon juice
- 1 large Egg
- 2 slices of whole-grain bread, toasted and buttered
- 2 tbsp. sunflower oil
- Hot Sauce

Directions:
1. Cook the greens until tender in a nonstick skillet with 1 tbsp of the oil. Season with salt. Transfer the greens to a bowl and keep warm.
2. In a small bowl, mash the avocado. Stir in the lemon juice and season with salt.
3. Add the remaining 1 tablespoon of oil to the skillet. Cook the eggs over-medium for best result (but anyway works just as well!)
4. Spread the avocado on 1 of the toast slices. Top with the greens and fried egg and sprinkle with the hot sauce. Close the sandwiches, cut in half and serve right away.

Ginger-Garlic Mustard Greens

Ingredients:
- 1 tbs. vegetable oil
- 1 tsp. toasted sesame oil
- 3 garlic cloves, minced
- 1 (1-inch-thick) slice peeled fresh ginger, minced
- 2 small bunches mustard greens, cleaned, stemmed, and torn into pieces
- 1 tbsp. soy sauce, plus more

Directions:
1. Heat both oils in a large skillet set over medium-high heat. Add garlic and ginger and cook until fragrant and translucent, about 2 minutes.
2. Add mustard greens, soy sauce, and 3 tablespoons water. Cook until greens begin to wilt, about 2 minutes.
Loquat-Soy Glazed Wings

Ingredients:
- 12 chicken wings
- 12 cloves garlic, smashed and skin removed
- ½ cup loquat preserve
- ¼ cup soy sauce

Directions:
1. Combine loquat preserve and soy sauce in a medium pot with a lid. Simmer and stir for about 10 minutes. Let mixture cool. Reserve half and set aside.
2. Add wings and garlic cloves to the pot. Mix well to thoroughly coat the wings in the marinade. Let sit in the refrigerator for 1 hour.
3. Preheat oven to 400 degrees F. Spread wings out on a foil lined baking sheet so that they are not touching each other. Bake for 20 minutes. Make sure they reach 165°F.
4. Heat remaining half of the mixture in a wok over low heat until thickened. Toss the baked wings in the glaze to thoroughly coat and serve.

Loquat Preserve (Jam)

Ingredients:
- 8 cups seeded quartered loquats
- 6 cups sugar
- 1 vanilla bean
- Juice of a large lemon

Directions:
1. Wash, de-seed, and cut the loquats into quarters. Add lemon juice. Put the loquats, and sugar in a large pot over high heat, stirring until the sugar melts. Cut the vanilla bean in half and add to the loquat mixture.
2. Bring to a boil while stirring constantly, then reduce to a low simmer. Stir frequently to prevent from burning. The fruit will start to break down. You will need to cook this for approx. 1 hour.
3. At the 30 minutes mark, remove the vanilla beans from the jam. Start squishing the loquats until they reach your desired chunkiness. Add the vanilla beans again and continue to cook for the hour time frame, until the jam is thick.
4. Ladle into jars and seal with a lid. Allow to cool and set. Keep refrigerated unless you have properly canned and sealed the jam. Enjoy.
Fettuccine with Shiitake Mushrooms and Basil

Ingredients:

- 2 tbsp. extra-virgin olive oil
- 3 cloves garlic, minced
- 2 oz. shiitake mushrooms, stemmed and sliced
- 1 lemon, the zest and the juice
- 8 oz. whole-wheat fettuccini
- ½ cup chopped fresh basil
- ½ cup shredded parmesan cheese

Directions:

1. Bring a large pot of water to a boil for cooking pasta.
2. Heat oil in large nonstick skillet over medium-high heat. Add garlic, and mushrooms cook until tender. Stir in lemon zest, lemon juice, salt and pepper.
3. Meanwhile, cook pasta, according to package directions. Drain, reserving ½ cup cooking liquid.
4. Add the pasta, the reserved cooking liquid, Parmesan and ¼ cup basil to the mushrooms in the skillet; toss to coat well. Serve immediately, garnished with remaining basil.

Garden-Fresh Rainbow Chard

Ingredients:

- 2 tbsp. olive oil
- 1 medium red onion
- 2 garlic cloves, sliced
- ¼ cup chicken broth
- 2 bunches rainbow swish chard, coarsely chopped
- 2 tbsp. lemon juice
- Salt and pepper to taste

Directions:

1. In a 6-qt. stockpot, heat oil over medium-high heat. Add onion; cook and stir until tender, 2-3 minutes. Add garlic; cook 1 minute longer.
2. Add broth and chard; cook and stir until chard is tender, 5-6 minutes. Remove from heat; stir in lemon juice, salt and pepper.
Lemon-Chard and Rice Soup

**Ingredients:**

- 5 cans (14 ½ oz each) reduced-sodium chicken broth
- 8 cups coarsely chopped swiss chard
- 2 large carrots, diced
- 1 small onion, diced
- 1 large lemon, ½ sliced, ½ juiced, ½ zested
- 4 cups cooked brown rice

**Directions:**

1. Stir broth, vegetables, lemon slices, lemon juice, peel and pepper.
2. Cook, covered, on low 1 hour or until vegetables are tender. Stir in rice; heat through.

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Mulberry Muffins

**Ingredients:**

- 1 cup milk
- ¼ cup vegetable oil
- 1 egg
- 2 cups flour
- ½ cup sugar
- 2 tsp. baking powder
- ½ tsp. salt
- 1 cup mulberries

**Directions:**

1. Preheat oven to 400 degrees. Spray 12 count muffin pan with nonstick cooking spray or line with cupcake papers.
Napa Cabbage Gratin

Ingredients:

1 medium napa cabbage
½ onion
½ garlic clove
1 tbs. vegetable oil
½ cup oats
1 1/2 oz. grated emmentaler cheese
4 tbs. whipping cream
½ cup vegetable broth
1 tbsp. freshly chopped parsley
Salt and pepper

Directions:

1. Halve each cabbage and remove stalks. Blanch in boiling salted water for about 3 minutes. Drain and rinse in cold water, drain well.
2. Preheat the oven to 350°F top and bottom heat Preheat.
3. Peel onion and garlic and chop finely. Heat oil in a pan and sauté onion and garlic for a few minutes. Add oats and sauté for 1 minute. Add cheese and season with salt and pepper.
4. Arrange cabbage halves in baking pan, cut side up. Whisk cream with vegetable broth and pour over cabbage. Spread with cheese mixture.

Eggplant Parmigiano

Ingredients:

2 medium sized eggplants
1/2 cup of freshly grated Parmigiano-Reggiano
1/2 cup of extra virgin olive oil
1 bunch of fresh parsley
Salt and pepper

Directions:

1. Cut the eggplant into circular (quarter inch) slices and toss in an extra large bowl with salt, pepper, and about 1/4 cup of olive oil (don't skimp on the salt and pepper). Get your outdoor grill set up and produce a nice hot fire.
2. Grill the eggplant slices for 15-20 minutes in total, continually flipping to prevent burning; the trick is to nicely char the eggplant and produce a meaty/soft flesh.
3. Begin layering the eggplant on a large serving fish, with each layer getting (in this order) a drizzle of olive oil, Parmigiano-Reggiano, finely diced parsley. 2 eggplants will probably yield 3-4 layers of eggplant. Enjoy hot or cold!
**Egyptian Feta Cheese Omelet Roll**

**Ingredients:**
- 4 eggs, beaten
- 1 cup Egyptian spinach, roughly chopped
- ½ tsp. black pepper
- 2 tbsp. crumbled feta cheese
- 1 tsp. milk
- 1 tbsp. vegetable oil

**Directions:**
1. In a small bowl, beat eggs, spinach and pepper together. In another small bowl, combine crumbled cheese with milk.
2. Heat oil in a large non-stick skillet over medium-high heat. Pour in eggs, and tilt pan until bottom is evenly covered. When edges appear cooked, place feta mixture in a line in the center of eggs. Using a spatula, fold eggs over top and bottom of cheese, then fold sides over.

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**Roselle Juice**

**Ingredients:**
- 2 cups of dried roselle calyces, washed and with seeds removed
- 8 cups of cold water
- Juice from one-half of a lemon or lime
- 3/4 cup of sugar or to taste

**Directions:**
1. Combine the calyces and water in a large pot and bring to a full boil. Remove from stove and let steep covered for 30 minutes. The color should be a deep red-purple, like some kinds of grape juice. At this stage, some people recommend refrigerating the mixture for 24 hours. Others proceed immediately.
2. Strain off the liquid through a sieve and throw away the roselle calyces.
3. Stir in lemon juice and sugar.
4. Serve hot or cold.
Hibiscus Tea

Ingredients:
- 2 cups fresh Hibiscus Flowers (or 1/2 cup dried Hibiscus Flowers)
- 8 cups Water
- 1/4 cup Honey (add more if you like your tea sweeter)
- 2 tbsp. fresh Lime Juice

Directions:
1. Prepping hibiscus flowers: If using fresh hibiscus flowers, remove the calyx or the green part at the base of the flower to which the stem is attached. You can also remove the pistil which is the thin thread like tube in the middle of the flower which has pollens attached to it or you can choose to keep it.
2. Boiling and serving the tea: Bring the hibiscus flowers and water to a boil in a large pot. Once the water starts boiling, switch off the flame and cover the vessel. At this point, you can also add other herbs or add ins such as basil, lemon grass, lemon zest etc. Let the tea steep for 15-20 minutes. Mix in the honey and lime juice till completely combined. Strain the tea. You can either serve hibiscus tea warm or chill it in the refrigerator for a few hours.

Soy-wasabi Butter Shiitake Mushrooms

Ingredients:
- 2 cups assorted shiitake mushrooms
- 2 tbsp. butter
- 2 tbsp. soy sauce
- 1 tsp. wasabi paste
- 1 pinch kosher salt
- Juice from a quarter lemon

Directions:
1. Sauté these mushrooms over medium-high heat, cut side down, with one tablespoon of butter. Avoid any temptation of moving the mushrooms for several minutes.
2. Once the mushrooms are nice and golden, add the remaining tablespoon of butter, along with a teaspoon of wasabi to one end of the skillet. Integrate the wasabi as best you can into the butter.
3. Add the soy sauce to the butter and wasabi. It will begin to bubble and thicken to a glaze. Toss everything together, making sure the mushrooms are fully coated in the sauce. To finish, sprinkle a pinch of coarse Kosher salt atop, and squeeze the juice from a quarter lemon. Serve immediately.
Eggplant with Ginger and Scallions

Ingredients:
- 2 tbsp. canola oil
- 3 garlic cloves, minced
- 2 tbsp. ginger, minced
- 1-2 jalapenos, chopped
- 3 large scallions, chopped, green and white parts divided
- 1 ½ lbs. eggplant, sliced into thin rounds
- 3 tbsp. soy sauce
- 4 tbsp. rice wine vinegar
- 1 tbsp. sugar
- 1 tbsp. cornstarch

Directions:
1. Heat canola oil over medium-high heat in a large skillet. Add garlic, ginger, jalapeños and white parts of scallions and cook for 2-3 minutes, until fragrant.
2. Stir in eggplant slices and cook for about 5 minutes, until eggplant has softened.
3. Meanwhile, combine soy sauce, rice wine vinegar, sugar and cornstarch in a small bowl. Once eggplants have softened, pour sauce into pan and bring to a boil, stirring to make sure all vegetables are coated. Reduce heat and cook for 5-6 additional minutes until sauce has thickened.
4. Remove from heat and top with scallion greens before serving.

Lemon- Garlic Sautéed Bok Choy

By: Joanne

Ingredients:
- 1 lb. baby bok choy
- 1 1/2 tbs. extra-virgin olive oil
- 3 garlic cloves, minced
- Pinch crushed red pepper flakes
- Sea salt
- Half of a lemon, cut into wedges

Directions:
1. Remove any discolored outer stalks of the bok choy and discard them (or save for stock later). Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise. Or if they are large, cut into quarters. Pat dry.
2. Add the oil, garlic and red pepper flakes to a wide room temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown.
3. Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes. Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.
4. Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.
Moringa Soup

Ingredients:

- 8 oz. moringa stalks, cut into 3-inch pieces
- 4 cups water
- 1 tsp. olive oil
- 1 tsp. kosher salt
- 1 tsp. fennel seeds
- ¼ tsp. ground turmeric
- Pinch cumin seeds
- 6 curry leaves
- 2 medium taro roots, peeled and cut into ½-inch pieces
- 1 green Thai Chile, seeded
- Kosher salt, to taste
- 1 lime, quartered, for serving
- Freshly ground black pepper, for garnish

Directions:

1. In a 2-quart saucepan, combine all the ingredients, except for the lime wedges and pepper, over medium-high heat and bring to a boil. Reduce the heat to a simmer and cook, covered, until the vegetables are tender, 20 minutes.
2. Transfer the mixture to a blender and pulse until the soup is coarsely puréed. Set a fine-mesh sieve over a bowl and strain, using a spoon to press out as much pulp as possible from the Moringa fibers. Discard the fibers.
3. Adjust the seasoning as needed with salt and divide between bowls. Squeeze a lime wedge over each bowl of soup. Then garnish with freshly ground black pepper and serve.

Moringa Latte

Ingredients:

- 1½ cups full-fat coconut milk
- 1 t moringa powder
- 1 t raw honey

Directions:

1. Combine moringa powder and honey in the bottom of a mug.
2. Using a milk frothier or a small saucepan, steam coconut milk until bubbles form.
3. Pour into mug and stir gently to combine.
Broccoli and Shiitake Mushroom Soba Noodles

Ingredients:
1 lb. broccoli florets about 2 heads, chopped
4 oz. soba noodles
2 tbsp. butter
1 tbsp. olive oil
8 oz. shiitake mushrooms, stemmed and sliced
¼ cup ponzu
Kosher salt and freshly ground pepper to taste
Zest from 1/2 lemon
Sesame seeds for garnish

Directions:
1. Bring a medium saucepan of water to a boil. Put the broccoli florets in the boiling water and cook for 30 seconds or until the stems are bright & green. Remove from the water with a slotted spoon or strainer & set aside.
2. Bring the water back to a boil and cook the soba noodles according to package directions.
3. Meanwhile, melt 1 tablespoon of butter and olive oil together in a large sauté pan over medium high heat. Add the mushrooms and cook without stirring for 2-3 minutes, watching so the mushrooms don’t stick to the pan or burn. Stir & reduce to the heat to medium then add the broccoli and the ponzu and cook together for 2-3 more minutes.
4. Add the remaining tablespoon of butter, stir and season with kosher salt and freshly ground black pepper. Garnish with lemon zest and sesame seeds and add more ponzu to taste.

Cranberry Hibiscus Sauce

Ingredients:
1/3 cup dried hibiscus flowers
1 clove
1 small cinnamon stick
½ cup orange juice
½ cup water
½ - ¾ cup sugar (depending on how sweet you want it)
12 oz. cranberries

Directions:
1. Place the hibiscus leaves, clove, and cinnamon stick in a piece of cheesecloth and tightly tie into a bundle. Set aside.
2. In a medium saucepan over medium high heat, bring the orange juice, water, and sugar to a boil. Once boiling, add the hibiscus bundle and boil for 4-5 minutes.
3. Stir in the cranberries and orange zest. Bring back up to a boil, then reduce heat to medium and cover. Cook 8-10 minutes, or until the cranberries have burst and softened. Carefully remove the cheesecloth bundle and disregard.
4. Let cool and transfer to a jar and store in the fridge until ready to serve.
Grilled Cheese with Blueberry, Basil and Moringa

**Ingredients:**
- 1 cup fresh blueberries
- 2 slices of whole wheat french bread
- 10 thin slices of Brie
- 2 basil Leaves
- 2 moringa Leaves
- A small drizzle of coconut oil to help the bread get crispy
- Salt and Pepper to taste

**Directions:**
1. Heat blueberries in a saucepan over medium heat for 5 minutes. Strain and set aside.
2. Lightly spread a small amount of coconut oil on the outside of each slice of bread.
3. On the inside layer half of the brie, and all of the basil and moringa leaves on one slice of wheat bread. Spread blueberries right on top of this half.
4. Top with remaining brie, ground pepper, salt, and place remaining bread slice over the stack.
5. Heat the skillet over medium heat and cook sandwich on each side for 2-3 minutes or until bread is crisp and cheese is melted.
6. Drizzle with honey and enjoy!

Minty Watermelon Cucumber Salad

**Ingredients:**
- 8 cups cubed seedless watermelon
- 2 English cucumbers, halved lengthwise and sliced
- 6 green onions, chopped
- 1/4 cup minced fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 tsp. salt
- 1/2 tsp. pepper

**Directions:**
1. In a large bowl, combine watermelon, cucumbers, green onions and mint.
2. In a small bowl, whisk remaining ingredients. Pour over salad and toss to coat.
3. Serve immediately or refrigerate, covered, up to 2 hours before serving.
Snap Pea Succotash with Basil and Cumin

Ingredients:
- 2 tbsp. olive oil
- 2 cups fresh or frozen (thawed) whole kernal corn
- 8 oz. fresh sugar snap peas
- 5 miniature sweet peppers, seeded and sliced into ¼ in rings
- 2 tbsp. shredded fresh basil
- 1 tsp. ground cumin
- 1 clove garlic, minced
- Salt to taste

Directions:
1. In a large skillet, heat olive oil over medium-high heat. Add Corn and cook 2 minutes, stirring occasionally.
2. Add snap peas, peppers, garlic, and salt; cook and stir 2 minutes more.
3. Remove from heat; stir in basil and cumin. Serve and enjoy!

Oven-Roasted Squash and Beets with Arugula

Ingredients:
- 3 beets, peeled and cut into ½ inch pieces
- 2 tbsp. extra virgin olive oil
- 1 butternut squash, peeled, seeded, and cut into ½ inch pieces
- 2 cups baby arugula leaves
- Salt and pepper to taste

Directions:
1. In a shallow roasting pan combine beets, 1 tablespoons of the oil, salt and pepper; toss to coat.
2. In a second shallow roasting pan combine squash with remaining 1 tablespoons oil, salt and pepper; toss to coat.
3. Place roasting pans on separate oven racks and roast in a 425 degrees oven, uncovered, for 25 to 35 minutes or until beets and squash are tender, stirring and switching pan positions once during roasting.
4. Place beets and squash in a large bowl; add arugula and toss. Serve warm or at room temperature.
Sugar Snap Peas with Sesame Seeds

Ingredients:
- 3 cups fresh sugar snap peas (about 12 ounces)
- 1 tsp. grated fresh ginger
- 2 tsp. butter
- 1 1/2 tsp. toasted sesame oil
- 1 tsp. white sesame seeds, toasted
- 1 tsp. black sesame seeds
- Salt and pepper to taste

Directions:
1. Remove strings and tips from fresh peas. Cook fresh peas, covered, in a small amount of boiling salted water for 3 to 5 minutes or until crisp-tender. Drain well. Transfer peas to a large bowl; set aside.
2. In a small saucepan, cook ginger in hot butter for 1 minute. Remove from heat. Stir in toasted sesame oil, salt and pepper. Pour butter mixture over hot cooked peas; toss to coat. Sprinkle with sesame seeds. Serve warm, at room temperature or chilled.

Sauteed Swiss Chard and Pine Nut Brushetta

Ingredients:
- 1 lb. fresh green and/or red Swiss chard or spinach
- 1 baguette-style French bread, sliced diagonally into 1/2-inch thick slices
- 4 tbsp. olive oil, divided
- 1/3 cup chopped red onion
- 2 cloves garlic, minced
- 1 tbsp. balsamic vinegar
- 1 tsp. honey
- 1/4 cup pine nuts, toasted
- Salt and pepper to taste

Directions:
1. Thoroughly wash and drain Swiss chard. Cut out the center rib and stem from each leaf (If using spinach, just trim and discard the thicker stems.); finely chop the ribs and stems and set aside.
2. Arrange bread slices on a large baking sheet. Brush with 3 tablespoons of the olive oil. Bake for 10 to 12 minutes or until toasted, turning once.
3. Meanwhile, in an extra-large nonstick skillet, cook and stir red onion, salt, and 1 tablespoon oil over medium heat about 10 minutes. Gradually add the chopped leaves and cook, stirring, until just wilted. Remove from heat. Stir in the vinegar, honey, and salt and pepper to taste. Cool slightly before spooning onto toasted bread slices and garnishing with pine nuts.
Carrot Yogurt Dip

Ingredients:
- 1/4 cup extra-virgin olive oil
- 3-4 medium to large carrots (10 to 12 ounces total), peeled and coarsely shredded (1 3/4 cups)
- 1/3 cup pine nuts or finely chopped walnuts
- 3/4 tsp. fine sea salt
- 1-2 garlic cloves, peeled and crushed into a paste with the side of a chef's knife
- 2 cups plain Greek yogurt

Assorted dippers, such as flatbread, crackers or raw vegetables

Directions:
1. Heat the oil in a large skillet over medium-high heat. Add a pinch of the carrots to the oil as a test; if they sizzle, add the remaining carrots and cook, stirring frequently, until they begin to soften, about 6 minutes.
2. Add pine nuts and salt. Reduce heat to medium and continue cooking, stirring occasionally, for 5 or 6 minutes, or until carrots are completely soft and beginning to brown and the pine nuts are golden. Add garlic and cook, stirring, another 30 seconds to 1 minute, or until fragrant. Cool slightly.
3. In a medium bowl, stir the warm carrot mixture into the yogurt. (At this point, the dip can be refrigerated, covered, for up to 5 days. Let stand at room temperature 30 minutes before serving, if chilled.) Drizzle with additional olive oil before serving with assorted dippers.

Carrot Ginger Soup

Ingredients:
- 1 tbsp. unsalted butter (use oil for DF)
- 1 large white onion, chopped
- 3 cups reduced-sodium vegetable broth
- 1 lb. peeled baby carrots
- 1 tbsp. grated fresh ginger
- 1/4 cup reduced fat sour cream (tofutti sour cream or coconut milk for dairy free)
- Kosher salt and white pepper to taste

Directions:
1. In a large pot or Dutch oven, melt butter over medium heat; add onions and cook, stirring often, until onions are soft, about 5-6 minutes.
2. Add broth, carrots, and ginger. Cover and bring to a boil. Reduce heat and simmer until carrots are soft, about 30 minutes.
3. Add sour cream, using an immersion blender (or in batches in a regular blender), carefully blend until smooth. Bring soup back to a boil, adjust salt and pepper to your taste.
4. Ladle into 4 bowls and garnish with a little more sour cream and fresh chives if desired. Makes 5 cups.
Watermelon-Beet Salsa

Ingredients:
1 small beet, trimmed and peeled
1/2 cup diced seedless watermelon
1/4 cup chopped red onion
2 tsp. white balsamic vinegar
1 tsp. sugar
2 tbsp. chopped fresh chives
Salt and pepper to taste

Directions:
1. Wrap beet in microwave-safe parchment paper. Microwave at HIGH 3 minutes or until tender. Let stand 5 minutes; thinly slice.
2. Combine sliced beet, watermelon, onion, chives, vinegar, sugar, salt, and pepper in a small bowl.

Bueberry-Lavender Yogurt Pops

Ingredients:
2 cups fresh blueberries
2 tbsp. sugar
6 tbsp. honey
1/3 cup water
2 tsp. dried culinary lavender or 3 fresh lavender sprigs
2 (2-in.) lemon rind strips
2 1/4 cups whole-milk plain yogurt (not Greek-style)

Directions:
1. Place berries and sugar in a small saucepan over medium. Cook, stirring occasionally and pressing to break up berries, until juices release completely, 10 to 12 minutes. Cool completely.
2. Meanwhile, place honey, 1/3 cup water, lavender, and rind in a small saucepan. Cover and bring to a boil over medium-high. Remove from heat; let stand 15 minutes. Pour through a fine sieve; discard solids. Cool completely.
Blueberry-Mint Lemonade

Ingredients:
- Ice Cubes:
  - 1 cup blueberries fresh or frozen
  - 2 tbsp. water
  - 2 tbsp. fresh lemon juice
  - 1 tbsp. mint leaves packed plus extra for garnish
  - 2 tsp. maple syrup
- Lemonade:
  - 4 cups water
  - 1/2 cup fresh lemon juice
  - 1/2 cup maple syrup

Directions:
1. Blend all ice cube ingredients until texture of choice. Either smooth or somewhat chunky works great. Divide mixture into a 12 serving ice cube tray and freeze.
2. To make lemonade, juice lemons until you get about 1/2 cup of juice. Combine lemon juice and water in a large container. Warm maple syrup to allow it to mix better. Pour into container with water and lemon juice and mix well.
3. Then pour into the large container with the rest of the water and the lemon juice. Place in refrigerator to get cold.
4. Once ice cubes are done, put 3 cubes into each cup, garnish with some fresh mint and pour lemonade over the ice cubes and garnish. As the ice melts, the blueberry flavor will come through.

Calamondin Orange Juice

Ingredients:
- 1 cup fresh squeezed calamandins juice, discard seeds and skin
- 2 cups water
- 3/4 - 1 cup simple syrup, depending on desired sweetness
- Ice, to serve

Simple Syrup:
- 1 cup water
- 1 cup granulated sugar

Directions:
1. In a pitcher, combine calamandin juice, water, and 3/4 cup simple syrup. Stir to combine. Store in fridge until chilled.
2. Stir before serving. Serve with ice. Add more water or simple syrup to your liking.

Simple Syrup:
1. In a sauce pot, bring water and sugar to a boil until sugar has dissolved. Remove from heat and allow to cool to room temperature. Store excess syrup in the fridge and use within 2 weeks.
Creamy Bok Choy Soup

Ingredients:
- 2 cups yogurt
- 5 baby bok choy
- 1 tsp. harissa
- 1 tbsp. brown sugar
- ½ cup water

Directions:
1. Wash and slice the bok choy into thin strips. Put into a pot and saute until just slightly wilted.
2. Put the heat on low and add the yogurt on top, stir and cook until lightly thinned.
3. Add brown sugar, and stir. Add water, harissa, salt, and pepper. Stir and let the soup warm.
4. This soup can be served hot or cold, once all the ingredients are combined find your desired temperature or let cool down and enjoy!

Zucchini and Carrot Bars

Ingredients:
- 1 cup grated zucchini
- 1/2 cup grated carrot
- 2 shallots, finely chopped
- 3 eggs, lightly whisked
- 1/3 cup of grated cheese
- 2 tbs. finely chopped parsley*optional
- 1 tbs. almond flour (you can use all purpose flour if you prefer)
- Olive oil

Directions:
1. Heat a little olive oil in a medium saucepan over medium heat. A tablespoon is enough.
2. Add the zucchini, carrot, and shallots, and cook, stirring, for 4-5 minutes or until the vegetables soften.
3. Remove from heat and set aside to cool for a few minutes.
4. Combine the vegetables with the eggs, cheese, parsley (*optional) and flour in a large bowl and mix all the ingredients well.
5. Put the mixture into a baking square pan (lightly spread some butter or ghee before) and smooth the surface.
6. Bake in oven for about 12 minutes @375 degrees, or until set. Remove from oven and set aside to cool. Take them out of the pan cutting into bars.
Kohlrabi and Cabbage Slaw

Ingredients:
- 1/2 lb. kohlrabi (about 1/2 a medium kohlrabi), peeled
- 1/2 lb. cabbage (about 1/2 a small head of cabbage), cored
- 1/4 cup mayonnaise
- 2 tbsp. spicy mustard
- 2 tbsp. dijon mustard

Directions:
1. Grate the kohlrabi on a manual grater and thinly slice the cabbage.
2. Place the kohlrabi and cabbage in a large bowl. Add the mayonnaise and both kinds of mustard. Mix well, using a fork to help separate the pieces of vegetable and spread out the mayonnaise and mustard.
3. Serve and enjoy, or refrigerate for up to 3 days.

Brown-Butter Glazed Radishes with Kohlrabi

Ingredients:
- 3 tbsp. unsalted butter
- 1 large (or 2 small) kohlrabies, peeled and cut into ½ inch wedges
- 1 large bunch radishes (about 12) halved, plus green leafy tops for serving
- ¾ cup water
- Salt and pepper to taste

Directions:
1. Melt butter in a large skillet over medium-high. When it boils, reduce heat to medium; simmer until foamy.
2. Continue cooking, stirring occasionally and scraping bottom of pan, until foam subsides, butter turns golden brown with a nutty aroma, and milk solids separate into brown specks that sink to bottom, 2 to 7 minutes. Remove from heat.
3. Add radishes, kohlrabi, Lillet, and ¾ cup water. Generously season with salt and pepper. Boil, stirring occasionally, until vegetables are crisp-tender and liquid is reduced to a glaze that evenly coats vegetables, about 15 minutes.
4. Transfer to a serving bowl; let cool 5 minutes. Toss with radish greens; serve.
Orange and Parsley Salad

**Ingredients:**
- 6 oranges
- 1/8 tsp. balsamic vinegar
- 1 tbsp. parsley
- 1/8 tsp. olive oil
- ½ tbsp. feta cheese
- ½ tbsp. sliced green olives
- 1 tbsp. toasted chopped almonds
- Salt to taste

**Directions:**
1. Remove peel and pith from oranges. Working over a bowl to catch the juice, cut segments from 1 orange.
2. Cut remaining oranges into rounds and arrange on a platter. Top with segments and juice and drizzle with olive oil and a dash of vinegar. Season with a bit of salt.
3. Sprinkle with parsley, olives, feta, and almonds.

Brussels Sprouts with Oranges

**Ingredients:**
- 1/3 cup extra-virgin olive oil, plus more for brushing
- 1 1/2 lb. brussels sprouts, trimmed and halved
- 2 small oranges, cut in half then into 1/2 inch slices
- Salt to taste

**Directions:**
1. Preheat oven to 425 degrees. Brush a rimmed baking sheet generously with oil. Add oranges, in a single layer, turning to coat. Season with salt and drizzle with 1 tablespoon oil; roast 15 minutes.
2. Toss brussels sprouts with remaining 4 tablespoons oil; season with salt. Add to baking sheet; toss to combine. Roast, tossing once, until sprouts are tender and browning at edges and oranges are deeply caramelized, 25 to 30 minutes more.
Strawberry Tomato Salsa

**Ingredients:**
- 12 cherry tomatoes, quartered
- 6 fresh strawberries, chopped
- 3 green onions, chopped
- 1/4 cup minced fresh cilantro
- 3 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Salt to taste

**Directions:**
1. In a large bowl, combine tomatoes, strawberries, green onions and cilantro. In a small bowl, whisk oil, vinegar and salt; gently stir into tomato mixture. Refrigerate until serving.

Grape Relish

**Ingredients:**
- 2 1/2 cup grapes, halved
- 4 green onion, chopped
- 1/2 cup crumbled blue cheese

**Directions:**
1. In a small bowl, toss grapes with green onions and blue cheese.

*makes a great side for balsamic steak!