

# Baked Rosemary Beet Chips

*Best when fresh!*

## Ingredients

- 2 small beets
- Olive or avocado oil
- 1 pinch sea salt and black pepper
- 1 to 2 sprigs of fresh Rosemary

## Directions

- Preheat oven to 375 degrees F and line baking sheet with parchment paper.
- Thinly slice beets, getting them as consistently thin as possible. They should curl a little when cut.
- Spray or very lightly drizzle with olive oil. Add a pinch of salt, pepper, and the rosemary. Toss to coat. Then arrange in a single layer.
- Bake for 15-20 minutes or until crispy and slightly brown.
- Let cool slightly.



# Ham Asparagus Bundles

## Ingredients

- 1 lb of asparagus spears, ends cut off
- 1 tablespoon olive oil
- 1 pack sliced ham (about 12 slices)
- 1 tube crescent roll dough
- $\frac{1}{4}$  cup Parmesan (optional)
- salt and pepper

## Directions

- Preheat the oven to 425 degrees. Line a large baking tray with parchment paper. Set aside.
- On some foil or in a bowl, massage olive oil salt and pepper on trimmed asparagus spears. Set aside.
- Unroll crescent dough on lightly floured surface. With your hands or with a rolling pin, roll your crescent roll dough until there are no seams. Cut into 12 strips cutting from the long side (about  $\frac{3}{4}$ " thick) using a pizza cutter or sharp knife.
- Wrap slice of ham around 4-5 spears (depending on their size). Fold crescent roll dough in the same manner, starting about an inch from the bottom and placing the bundle seam side down onto your baking tray. Add Parmesan if you desire.
- Bake for 12-14 minutes.



# Honey Mustard Vinaigrette



## Ingredients

- 1 clove garlic, minced
- 1 Tbsp white-wine vinegar
- 1 1/2 tsp Dijon mustard
- 1/2 tsp honey
- 1/8 tsp salt
- 1/3 cup olive oil
- Pepper, to taste

## Directions

- Whisk garlic, vinegar, mustard, honey, salt and pepper in a small bowl. Slowly whisk in oil.
- Serve.



# Parmesan Crusted Kale Grilled Cheese

## Ingredients

- 1 bunch of kale
- 2 garlic cloves, sliced
- 1 tsp brown sugar
- 2 tsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp butter, softened
- 1/4 tsp crushed red pepper flakes
- 3 oz. Swiss cheese (or any of your choice)
- 2 slices bread (sourdough)
- 2 tbsp freshly grated Parmesan cheese
- Salt & Pepper, to taste

## Directions

- In a small bowl, whisk together apple cider vinegar, brown sugar, and red pepper flakes until sugar is fully dissolved.
- In another small bowl, stir to combine parmesan and butter. Strip kale leaves from stems, then tear or chop leaves into small bite-sized pieces.
- In a large skillet over medium heat, heat olive oil. Add garlic and sauté until fragrant, 1 minute. Add kale and cook until bright green and slightly wilted, 2 minutes more. Pour vinegar mixture over kale and cook, stirring frequently, until kale is dark green and has shrunk. Season to taste with salt and pepper, then transfer cooked kale to a bowl and wipe skillet clean.
- Spread one side of each slice of bread with softened butter mixture. Build sandwich: add the cheese and kale, keeping buttered side out.
- Heat skillet over medium heat and add sandwich. Cook until bread is golden and cheese is melty.



# Carrot Top Pesto

## Ingredients

- 1 cup packed carrot top greens
- 1 cup packed baby spinach
- 1 large garlic clove
- 1/2 cup roasted unsalted cashews
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/2 cup olive oil



## Directions

- Rinse the carrot top greens to dislodge any dirt. Pick out and discard any dry, yellowed, or otherwise unappetizing looking leaves. Discard tough stems.
- Place the carrot tops greens, baby spinach, chopped garlic, roasted cashews, salt, and pepper in a food processor. Pulse several times. Scrape the sides down with a rubber spatula.
- While the food processor is running, slowly pour in the olive oil in a steady stream. Scrape the sides down with a rubber spatula. Pulse until smooth.



# Mixed Olive Crostini



## Ingredients

- 1/2 cup Kalamata Olives, chopped
- 1/2 cup Pimento-stuffed Olives, chopped
- 1/2 cup finely grated Parmesan
- 1/4 cup butter, softened
- 1 tablespoon Olive Oil
- 2 garlic cloves, minced
- 3/4 cup shredded mozzarella cheese
- 1/4 cup parsley, chopped
- 1 French bread baguette



## Directions

- In a small bowl, combine the first six ingredients; stir in mozzarella cheese and parsley. Cut baguette into 24 slices (or as many as desired); place on an ungreased baking sheet. Spread with olive mixture.
- Broil 3-4 in. from the heat until edges are lightly browned and cheese is melted, 2-3 minutes.

# Eat-the-Rainbow Chopped Salad



## Ingredients

- $\frac{1}{4}$  cup white balsamic vinegar
- $\frac{1}{4}$  cup extra-virgin olive oil
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground pepper
- 2 large carrots, diced
- 1 large yellow bell pepper, diced
- 2 cups chopped kale
- 1  $\frac{1}{4}$  cups chopped red cabbage
- 1 cup quartered grape tomatoes
- 1 cup mozzarella pearls
- $\frac{1}{2}$  cup thinly sliced fresh basil
- 2 scallions, sliced

## Directions

- Whisk vinegar, oil, salt and pepper in a large bowl.
- Add carrots, bell pepper, kale, cabbage, tomatoes, mozzarella, basil and scallions. Toss to coat.



# Gazpacho

## Ingredients

- 1 English cucumber
- 2½ pounds ripe tomatoes, chopped
- ½ red bell pepper, stemmed and seeded
- ¼ small red onion, rinsed
- 2 garlic cloves
- ¼ cup chopped cilantro, plus more for garnish
- 3 tablespoons sherry vinegar or red wine vinegar
- ½ cup extra virgin olive oil, plus more for drizzling
- 1¼ teaspoon sea salt
- ¼ teaspoon black pepper

## Directions

- Finely chop ¼ of the cucumber and reserve for garnish.
- Peel the remaining cucumber, cut into chunks, and transfer to a blender. Add the tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper.
- Blend until smooth. Season to taste and chill for at least 2 hours.
- Serve the soup with the reserved diced cucumber, drizzles of olive oil, and freshly ground black pepper.



# Corn Casserole



## Ingredients

- 5 cups corn about 10 ears, shucked, cleaned and cut from the cob (or 40 ounces frozen creamed corn)
- 1 cup whole milk
- 4 tablespoons butter melted
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 1 egg lightly beaten

## Directions

- Preheat the oven to 375 degrees. Generously butter or grease an 8x8 baking dish.
- Shuck and remove the silks from the corn. Over a large bowl or pan, use a sharp knife to cut down the length of the cob removing the top half of the corn kernels. Then go back over the cob with the flat side of a knife and scrape all the milky liquid into the bowl with the kernels.
- In a medium bowl, combine all ingredients, mixing well.
- Pour into the prepared baking dish.
- Cook in the preheated oven for 45 minutes to 1 hour or until a knife inserted near the center comes out clean and the edges start to turn golden brown.

# Honeydew & Cucumber Slushy

## Ingredients

- 6 oz. English cucumber (about  $\frac{1}{2}$  cucumber), peeled, cut into 1" pieces
- 4 cups honeydew (rind removed), cut into 1" pieces
- $2\frac{1}{2}$  cups coconut water
- $\frac{1}{3}$  cup mint leaves
- 2 Tbsp. fresh lime juice
- $\frac{1}{2}$  tsp. kosher salt

## Directions

- Blend honeydew, coconut water, mint, lime juice, salt, 6 oz. cucumber, and 2 cups ice in a blender until smooth.
- Divide among glasses, then garnish with cucumber slices.



# Strawberry Oatmeal Bars



## Ingredients

### For the Crust & Crumble

- 6 tablespoons unsalted butter, melted
- 1½ cups white whole wheat flour
- 1½ cups regular oats (not the instant kind)
- ½ cup honey
- ¼ cup brown sugar
- 1 teaspoon ground cinnamon
- pinch of salt

### For the Strawberry Filling

- 3 cups of sliced fresh strawberries
- 1 tablespoons fresh lemon juice
- 1 teaspoon of vanilla extract
- 1 teaspoon white whole wheat flour

## Directions

- Preheat oven to 350°F.
- Line the bottom of an 8×8 pan with parchment paper and spray with cooking spray for easy removal.
- To make the crust & crumble: to a large bowl add melted butter, white whole wheat flour, regular oats, honey, brown sugar, ground cinnamon and salt. Mix until just combined, mixture should be a little crumbly. Scoop out 1 cup of the mixture and set aside, that will be your crumble.
- Add the remaining mixture to the prepared pan. Spread the mixture out and using your fingers press into the bottom of the pan so the crust is in an even layer.
- To make the Strawberry Filling: to a small bowl add strawberries, lemon juice, vanilla extract, and white whole wheat flour. Toss to combine.
- Add the strawberry mixture on top of the crust and spread out evenly.
- Evenly sprinkle the crumble mixture over the top of the bars.
- Bake the bars for 50 minutes. Remove the bars from the pan and let sit for 10 minutes. Cut and serve.

# Kohlrabi Fries

## Ingredients

- 3 kohlrabi cabbages
- 2 Tbsps avocado or olive oil
- 1 tsp chili powder
- 1 tsp garlic powder
- 1/4 tsp freshly ground black pepper
- 1/2 tsp sea salt



## Directions

- Preheat oven to 400 degrees f. and line a large baking sheet with parchment paper.
- Cut off the stems and remove the leaves of kohlrabi. Carefully remove the tough woody skin with a vegetable peeler or knife. Then, using a large sharp knife, cut the bulb in half. Next, slice it into 1/3-inch thick slices, then into long sticks as shown.
- Place your kohlrabi fries onto your prepared baking sheet. Sprinkle with seasonings, except for salt, and drizzle with the oil. Generously rub the fries to coat well.
- Spread the fries in a single layer, onto the prepared baking sheet and roast for 25-30 minutes, flipping halfway through until golden and crispy on all the sides.
- Remove the fries from the oven and while they're still hot sprinkle sea salt.



# Homemade Roasted Enchilada Sauce



## Ingredients - Green

- 2-3 Tbsp olive oil
- 1 lb tomatillos, rinsed, halved
- 1 -2 jalapeno's, halved and seeds removed
- 1 hatch chili halved
- 1 poblano chili, halved
- 1 onion, thinly sliced
- 6 garlic cloves
- 2 tsp coriander
- 1 tsp cumin
- 1 1/4 tsp salt
- 1 tsp oregano
- handful of cilantro
- 1-2 tsp honey or sugar

## Ingredients - Red

- 2-3 Tbsp olive oil
- 6 roma tomatoes, halved
- 1 onion, sliced thin
- 6 garlic cloves
- 1-2 jalapenos – halved
- 1 hatch chili, halved
- 2 tsp cumin
- 1 1/4 tsp salt
- 1 tsp coriander
- 1 tsp chili powder
- 1 tsp dried oregano
- 1/2-3/4 cup water (or broth)
- 1-2 teaspoons apple cider vinegar (or white vinegar)
- handful cilantro

## Directions

- Preheat oven to 425F
- Drizzle oil on the bottom of a sheet pan, coating it well.
- Place roasting ingredients tomatoes (or tomatillos) chilies, onion, garlic in a single layer, in a sheet pan, over the oil. Roast in the oven until tender and caramelized, checking at 15 minutes, stirring things if need be, then roast another 10-15 minutes.
- Roast until the tomatoes and peppers are collapsing, the onions and garlic are tender enough to blend. Let cool.
- Scoop the roasted veggies into a blender. Add 1/2 cup water into the blender. Add the spices, salt and cilantro.
- Blend until your desired consistency.
- If making the red enchilada sauce, add a teaspoon of vinegar to give a little brightness, especially if your tomatoes are very sweet.
- If making the green enchilada sauce, adding of honey helps to balance out the tartness of the tomatillos.
- Use immediately, or store in the fridge for 4 days.



# Baba Ganoush



## Ingredients

- 2 large eggplants
- 3 tablespoons tahini paste
- 1 small lemon
- ½ tsp to 1 tsp salt
- 1 small garlic clove, crushed
- Dash of paprika
- Olive oil for topping
- Pine nuts pomegranate seeds and/or parsley for garnish (optional)

## Directions

- Preheat oven to 450F
- Wash and dry eggplant, then pierce it using a knife to create several slits all around the eggplant, about 4-5 times.
- Place the eggplant on a foil lined baking sheet and bake for 45 minutes, or until it is really soft and can be easily pierced with a fork
- Cut the eggplant in half lengthwise and scoop out the flesh using a fork or spoon. Place it in a sieve over a bowl and allow it to drain its liquid for a few minutes
- In a bowl, mix together the eggplant flesh, tahini, salt, paprika, garlic and lemon juice and mash it will using a fork. This will create a chunky consistency. If you like it smooth, you can pulse it in a food processor or use an immersion blender.
- Toast the pine nuts in a pan on medium heat, stirring often for 5 minutes or until golden
- Serve the baba ganoush topped with olive oil, pine nuts, pomegranate seeds and/or parsley

# Crispy Garlic Parmesan Squash Chips



## Ingredients

- 4-6 yellow squash, sliced into 1/4" thick coins
- 3 tbsp olive oil
- salt & pepper, to taste
- 1 cup panko style bread crumbs
- 1 cup grated Parmesan cheese
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1/4 tsp onion powder
- non stick cooking spray



## Directions

- Line several baking sheets with parchment paper.
- Add the sliced squash to a large bowl. Drizzle with the olive oil and toss to evenly coat. Salt & pepper the squash, to taste.
- In another large bowl, add the bread crumbs, cheese, and spices. Toss them to evenly combine.
- Working one at a time, dip each slice of squash into the cheese crumb coating-- use your fingers to gently press the coating onto both sides to ensure it sticks.
- As they're coated, transfer the squash chips to a prepared baking sheet.
- Lightly spray the tops of the chips with non stick cooking spray. Bake at 450 degrees for 10 minutes.
- Carefully remove the baking tray(s) from the oven. Use a fork or tongs to flip each slice over. Lightly spray the chips again with non stick cooking spray.
- Return the chips to the oven for an additional 8-10 minutes. Remove the cooked chips from the oven.

# Lemon Blueberry Bread



## Ingredients

- $\frac{3}{4}$  cup blueberries
- 1  $\frac{3}{4}$  cups all-purpose flour plus more for coating the blueberries
- 1 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 2 large eggs
- $\frac{1}{2}$  cup maple syrup
- $\frac{1}{4}$  cup milk
- $\frac{1}{4}$  cup butter melted
- $\frac{1}{4}$  cup lemon juice
- 3 Tbsp grated lemon zest

## Directions

- Preheat oven to 350°F and line an 8x4-inch loaf pan with parchment paper.
- In a medium bowl, whisk together the flour, baking powder and salt. Set aside.
- In another large bowl, beat the eggs, maple syrup, milk, butter and lemon juice with a hand mixer until combined.
- Transfer the dry ingredients on top of the wet ingredients and mix.
- In a small bowl, toss the blueberries with flour to prevent them from sinking into the loaf. Gently fold the blueberries into the batter along with the lemon zest.
- Pour the batter into the prepared pan and bake for 50-55 minutes, or until a toothpick inserted in the center of the loaf comes out clean.
- Remove from the oven and allow the bread to cool completely in the pan set on a wire rack before slicing.

# Lemon Roasted Fingerlings and Brussel Sprouts

## *Ingredients*

- 1 pound fingerling potatoes, halved
- 1 pound Brussels sprouts, trimmed and halved
- 6 tablespoons olive oil, divided
- 3/4 teaspoon salt, divided
- 1/4 teaspoon pepper
- 3 tablespoons lemon juice
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey

## *Directions*

- Preheat oven to 425°. Place potatoes and Brussels sprouts in a greased 15x10x1-in. baking pan. Drizzle with 2 tablespoons oil; sprinkle with 1/2 teaspoon salt and pepper. Toss to coat. Roast 20-25 minutes or until tender, stirring once.
- In a small bowl, whisk lemon juice, garlic, mustard, honey and remaining oil and salt until blended. Transfer vegetables to a large bowl; drizzle with vinaigrette and toss to coat. Serve warm.



# Apple Chicken Quesadillas



## Ingredients

- 2 medium tart apples, sliced
- 1 cup diced chicken breast
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 cup fresh or frozen corn
- 1/2 cup chopped fresh tomatoes
- 1/2 cup chopped onion
- 1/4 tsp salt
- 6 flour tortillas

## Directions

- Preheat oven to 400°. Toss together first 8 ingredients. Place 3/4 cup mixture on half of each tortilla. Fold tortillas to close; secure with toothpicks.
- Place on a baking sheet coated with cooking spray. Bake until golden brown, 13-18 minutes, turning halfway through cooking. Discard toothpicks. Serve with toppings as desired.



# Mushroom Parsley Salad

## Ingredients

- 1 pound large button mushrooms, trimmed, cleaned and thinly sliced
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- Kosher salt and freshly ground black pepper
- 2-ounce piece Parmesan

## Directions

- In a medium salad bowl, mix together the mushrooms and parsley.
- In a small bowl, whisk together the oil and lemon juice until smooth. Season with salt and pepper, to taste.
- Add the oil mixture to the salad bowl and toss until all the ingredients are coated. Using a vegetable peeler, shave the Parmesan on top and serve.



# Fresh Garlic Bread

## *Ingredients*

- 4 cloves garlic, crushed
- 2 Tbsp butter
- 2 Tbsp extra-virgin olive oil
- 1 loaf crusty bread, split
- 3 Tbsp grated cheese, Parmigiano or Romano, optional
- Chopped fresh parsley

## *Directions*

- Combine garlic, butter, and oil in a microwave safe dish or in a small saucepan. Heat garlic and butter and oil in microwave for 1 minute or in a small pot over moderate-low heat for 3 minutes.
- Toast the split bread under broiler. Remove bread when it is toasted golden brown in color. Brush bread liberally with garlic oil. Sprinkle with cheese, if using, and parsley. If you added cheese, return to broiler and brown 30 seconds. Cut into chunks and serve.



# Lower-sodium Potato Salad



## Ingredients

- 1 pound potatoes, diced and boiled or steamed
- 1 large yellow onion, chopped (1 cup)
- 1 large carrot, diced (1/2 cup)
- 2 ribs celery, diced (1/2 cup)
- 2 Tbsp minced fresh dill (or 1/2 tablespoon dried)
- 1 tsp ground black pepper
- 1/4 cup low-calorie mayonnaise
- 1 Tbsp Dijon mustard
- 2 Tbsp red wine vinegar

## Directions

- Place all ingredients in a bowl and mix thoroughly. Chill before serving



# Coconut Curry Vegetable Soup

## Ingredients

- 1 Tbsp canola oil
- 2 celery ribs, chopped
- 6 medium carrots
- 6 garlic cloves, minced
- 1 Tbsp minced fresh gingerroot
- 2 tsp curry powder
- 1/2 tsp ground turmeric
- 14 ounces vegetable broth
- 1 can light coconut milk
- 1 medium potato, peeled and chopped
- 1 package ready-to-serve brown rice



## Directions

- In a large saucepan, heat oil over medium heat. Add celery and carrots; cook and stir 6-8 minutes or until tender.
- Add garlic, ginger, curry powder and turmeric; cook 1 minute longer.
- Add broth, coconut milk, potato and salt; bring to a boil.
- Reduce heat; cook, uncovered, 10-15 minutes or until potato is tender. Meanwhile, heat rice according to package directions.
- Stir rice into soup.



# Spicy Honey-Glazed Parsnips

## Ingredients

- 2 pounds parsnips, peeled, cut into 3" lengths, halved
- 1/4 cup olive oil
- Kosher salt, freshly ground pepper
- 2 chiles de árbol, crushed, or 3/4 tsp crushed red pepper flakes
- 2 Tbsp unsalted butter
- 1 Tbsp apple cider vinegar
- 1 Tbsp honey

## Directions

- Preheat oven to 450°F.
- Toss parsnips and oil on a rimmed baking sheet; season with salt and pepper.
- Roast parsnips, tossing occasionally, until tender and deep golden brown in spots, 35–40 minutes.
- Meanwhile, heat chiles de árbol, butter, vinegar, and honey in a small saucepan over medium heat, stirring occasionally, until butter is melted.
- Drizzle chile-honey butter over parsnips and toss to coat.



# Hasselback Sweet Potatoes

## Ingredients

- 4 large sweet potatoes
- 3 Tbsp unsalted butter
- 1 Tbsp maple syrup
- 1/2 tsp kosher salt
- 1 garlic cloves finely minced
- 1/2 tsp dried rosemary finely minced
- 1/2 tsp dried thyme finely minced



## Directions

- Preheat an oven to 400 degrees. Line a rimmed baking sheet with parchment paper.
- Place a wooden spoon (or wooden skewer) on either side of a sweet potato. Starting where the potato first meets the counter (this will prevent you from cutting off the end of the potato), create slices down the length of the potato, 1/8 inch thick. Use the wooden spoon handles as a guide so that the knife doesn't go all the way through the potatoes. Repeat with the remaining potatoes.
- In a small bowl, whisk together the butter, maple syrup, salt, herbs, and garlic. Brush half the mixture over the potatoes.
- Bake for an hour. Halfway through baking, remove the potatoes from the oven. Put a fork under the potato in the middle of it, and gently lift it about two inches off the baking sheet. This will help the potato open up more (repeat with the rest of the potatoes). Then gently use a fork to spread open the potatoes from the top. Brush on the rest of the butter mixture and place back in the oven for the rest of the baking time.



# Pumpkin Mousse in a Pumpkin

## *Ingredients*

- 1 medium pie pumpkin (about 2 pounds)
- 2 Tbsp sugar
- 3/4 tsp ground cinnamon
- 1/3 cup vanilla chips
- 2 Tbsp whole milk
- 3 ounces cream cheese, softened
- 1/3 cup confectioners' sugar
- 1 tsp grated orange zest
- 1 cup heavy whipping cream

## *Directions*

- Cut top off pumpkin; scoop out and discard seeds.
- In small bowl, combine sugar and 1/2 teaspoon cinnamon; sprinkle inside of pumpkin. Replace pumpkin top. Place on a baking sheet. Bake at 400° for 25-30 minutes or until crisp-tender. Cool on a wire rack.
- Meanwhile, microwave vanilla chips with milk; stir until smooth. Cool to room temperature.
- In a bowl, beat cream cheese and confectioners' sugar until smooth. Beat in the pumpkin, orange peel, reserved melted chips and remaining cinnamon. Fold in whipped cream. Spoon into pie pumpkin.
- Refrigerate leftovers.

