



A TASTEFUL PLACE AT THE DALLAS ARBORETUM



Grilled Eggplant Salad

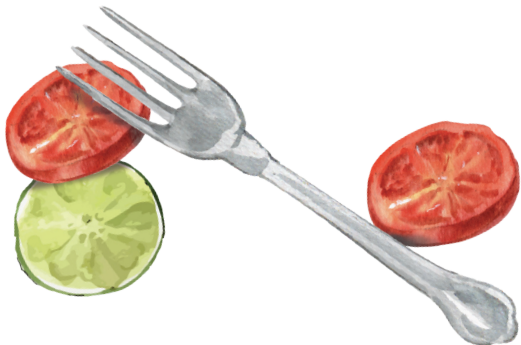
Serves: 6

Ingredients:

- 1 large eggplant
- 1 Roma (plum) tomato, diced
- 1 ½ tsp red wine vinegar
- ½ tsp fresh oregano
- 2 cloves garlic, finely chopped
- 3 tbsp good quality olive oil
- 3 tbsp flat leaf Italian parsley, chopped
- Salt and black pepper to taste
- 1 tbsp capers, rinsed and drained

Method :

- Heat grill to medium high. Prick the eggplant all over with a fork, place on the grill, and close the cover. Cook, turning occasionally, until eggplant is very soft and skin is blistered, about 15 minutes. (Alternatively, slice the eggplant length way and grill on a grill pan on the stove, rotating during the process, until soft and blistered.)
- When cool enough, scoop the insides of the eggplant and coarsely chop. Discard the skin.
- Transfer to a bowl and toss with the tomato, vinegar, oregano, and garlic. Stir in the oil and parsley. Season to taste with salt and pepper. Garnish with capers if desired.





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Roasted Tomato Soup

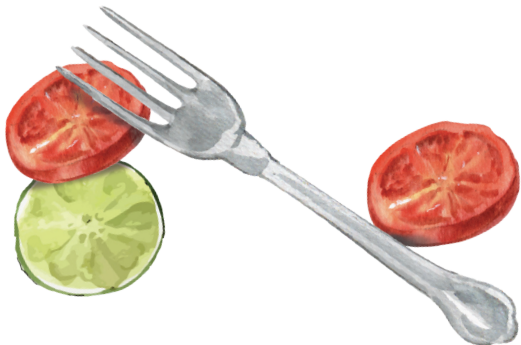
Serves: 4

Ingredients:

- 2 tbsp good quality olive oil, plus more for drizzling
- 2 tbsp unsalted butter
- 1 large yellow onion, thinly sliced
- 3 cloves garlic, thinly sliced
- 3 tbsp tomato paste
- 5 large basil leaves
- 4 lbs ripe Roma (plum) tomatoes, halved
- 2 cups vegetable stock
- ¼ cream (optional)
- Salt and pepper to taste

Method :

- Preheat the oven to 375°.
- Drizzle the tomatoes with olive oil and lightly season with salt and pepper. Place on a rimmed baking sheet cut side up and roast for 30 minutes, until beginning to brown.
- Heat the olive oil and butter in a heavy-bottomed saucepan or Dutch oven over medium heat. Add onion and salt. Cover the pot and cook for 10 minutes.
- Add garlic, tomato paste, and basil leaves. Sauté for 2 minutes.
- Add the roasted tomatoes and any juice, breaking the tomatoes up with a spoon. Add the stock. Bring the mixture to a boil, reduce to a simmer, and cook for 20 minutes.
- Using an immersion blender, blend the soup in the pot until smooth. Season to taste with salt and pepper, and add the cream if desired.





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Grilled Artichokes with Lemon and Herbs

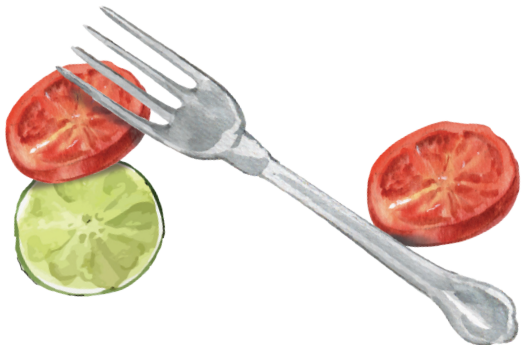
Serves: 6

Ingredients:

- 2 lemons
- 6 large fresh artichokes
- 6 tbsp butter
- 1/3 cup olive oil
- 6 sprigs fresh thyme
- Salt and pepper to taste

Method :

- Cut 1 lemon in half and squeeze the juice into a large bowl filled with water.
- Cut the end of the artichoke stem and top quarter. With scissors, cut prickly points off the artichoke leaves. Quarter the artichokes, remove the choke and immediately immerse the artichokes in the lemon water to keep them from browning. Put a plate on top to keep them from bobbing to the surface.
- Place 4 artichoke quarters into one piece of foil. Sprinkle with olive oil and 1 sprig fresh thyme. Add a pinch of salt and pepper to taste. Wrap the artichoke in the foil to keep the juices in.
- Put foil packets on the grill and cook for 40 minutes, turning several times. Serve directly in the foil, with the zest of the remaining lemon and a drizzle of the lemon juice.





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Veggie Stuffed Bell Peppers

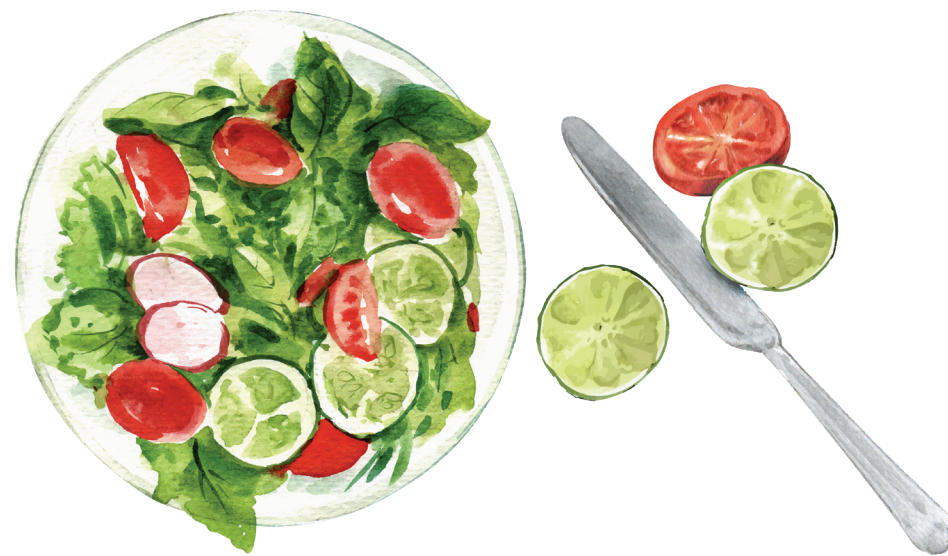
Serves: 6

Ingredients:

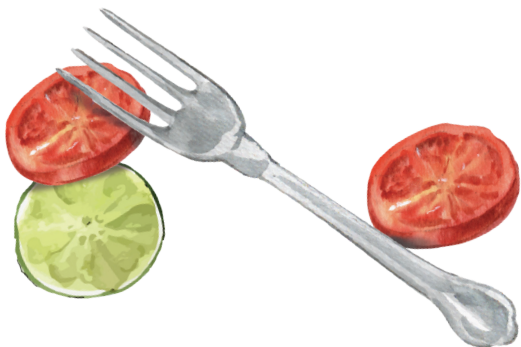
- 2 cups cooked quinoa
- ¼ cup pepitas
- 1 small eggplant, diced small
- ½ lb ripe tomatoes, diced small
- 1 tsp paprika, plus more for sprinkling
- 6 small or medium bell peppers (whichever color is your favorite)

Method :

- Preheat the oven to 350°.
- Oil a lidded baking dish or Dutch oven large enough to accommodate the peppers.
- In a large bowl, mix quinoa, pepitas, eggplant, tomatoes, and paprika. Add a pinch of salt and pepper.
- Cut away tops from peppers and gently remove the seeds and membranes. Season the insides with a little salt, then fill to the brim with the quinoa mix. Sprinkle a little paprika over the top and replace the tops of the peppers. Place upright in the baking dish.
- Mix water, lemon juice, a pinch of salt, tomato paste, and olive oil and pour into the baking dish around the peppers. Cover, place in the oven, and bake 30-40 minutes until the peppers are tender.
- Remove from the heat and allow to cool slightly. Spoon liquid from the baking dish over the filling, and serve warm or at room temperature.



- ½ cup water
- 2 tbsp fresh lemon juice
- 1 tbsp tomato paste
- 1 tbsp good quality extra virgin olive oil
- Salt and pepper to taste





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Broccoli and Greens Soup

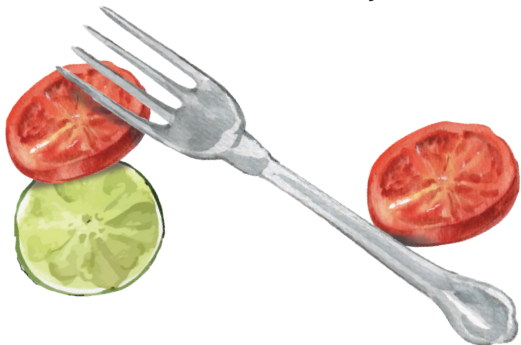
Serves: 4

Ingredients:

- 1 ½ tsp good quality olive oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 8 ounces cremini or white button mushrooms, stemmed and sliced
- 1 cup carrots, peeled and chopped
- 2 cups broccoli florets, chopped into ½ inch pieces
- 2 tsp ginger, peeled and grated
- ½ tsp ground turmeric
- 2 tsp ground cumin
- Pinch ground cinnamon
- 6 cups vegetable broth
- 2 cups torn kale leaves
- Salt and pepper to taste

Method :

- Heat oil over medium high heat in a large saucepan. Add the onion and garlic and sauté until translucent, about 5 minutes, stirring occasionally.
- Add the mushrooms, carrots, and broccoli and stir to combine. Season generously with salt and pepper, and sauté for about 5 minutes more.
- Stir in the ginger and spices and cook for 2 minutes more, until fragrant.
- Add the broth and stir to combine. Bring to a boil over high heat and then reduce to medium low. Simmer until the vegetables are tender but haven't changed color, about 15 minutes.
- Add the kale just before serving, and taste again for seasoning.





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Roasted Fennel Bruschetta

Serves: 6

Ingredients:

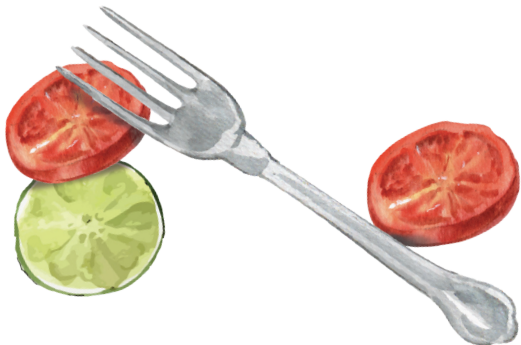
- 3 large fennel bulbs, green stems removed, sliced thinly
- 2 cloves garlic, smashed
- 3 tbsp good quality olive oil, plus more for drizzling
- 1 baguette, cut into ½ inch thick slices

Method :

- Preheat the oven to 375°.
- Toss the onion and fennel into a bowl with olive oil and a pinch of salt.
- Scatter the onion and fennel onto a baking sheet, making sure it's one layer.
- Roast for 15 minutes, stirring once, until the onion and fennel are beginning to brown and soften. Remove from the oven and cover with foil or a towel to keep warm.
- Meanwhile, toast or grill the baguette slices until brown. Rub the smashed garlic onto one side of the toast until fragrant.
- Place the fennel and onions onto each baguette slice and drizzle lightly with olive oil. Top with parsley and salt and pepper, as needed.



- 2 tbsp flat leaf Italian parsley, chopped finely
- 1 small yellow onion, sliced thinly
- Salt and pepper to taste





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Sautéed Brussels Sprouts with Balsamic Vinegar

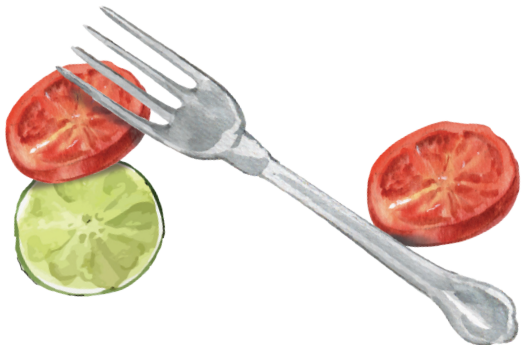
Serves: 4

Ingredients:

- 1 lb Brussels sprouts, cleaned
- 2 tbsp butter or olive oil
- 1 clove garlic, minced
- $\frac{1}{4}$ cup good quality balsamic vinegar
- Salt and pepper to taste

Method :

- Bring a large pot of water to a boil. Season water with salt and boil the sprouts for 1 minute.
- Remove the sprouts and place into ice water to stop the cooking process. Transfer to a colander and allow to drain.
- Cut all of the sprouts in half, removing any thick roots from the bottom.
- Melt the butter (or oil) over medium high heat. Add the garlic and cook until fragrant, about 30 seconds.
- Immediately add the sprouts, cut side down, to the pot. Sauté without stirring for 3 minutes.
- Increase the heat to high and carefully add the balsamic vinegar. Stir without turning the sprouts from their flat sides. Reduce the vinegar by about half, which should take 4-5 minutes.
- Add salt and pepper to taste.
- Serve with the balsamic drizzled over the sprouts.





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Cauliflower and Rosemary Soup

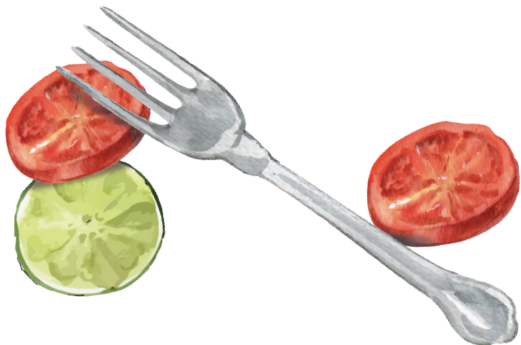
Serves: 6

Ingredients:

- 1 head cauliflower, florets removed and chopped into ½ inch pieces
- 1 small yellow onion, diced
- 1 clove garlic, minced
- 1 quart vegetable stock
- Salt and pepper to taste
- 1 tbsp good quality olive oil
- 2 sprigs rosemary
- 1 cup heavy cream or non-dairy creamer at room temperature

Method :

- In a large pot, heat the olive oil till shimmering over medium heat. Place the garlic and onion into the pot with a pinch of salt and stir. Cook for 3 minutes, until the onion softens.
- Add the cauliflower into the pot and stir. Place the rosemary sprigs into the pot.
- Pour the vegetable stock into the pot and bring to a boil over high heat.
- Once boiling, reduce to medium low and cover, allowing the cauliflower to become tender.
- Once the cauliflower is tender, remove the rosemary and discard. Using a blender or an immersion blender, blend the soup until it is liquid.
- Add the cream to the soup and return to medium heat, stirring. Once heated through, season to taste with salt and pepper.





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Braised Mustard Greens

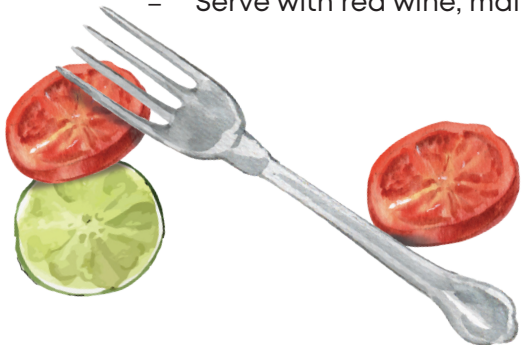
Serves: 4-6

Ingredients:

- 4 bunches mustard greens (or collard greens, if unavailable)
- 3 cloves garlic
- 1 small yellow onion
- 3 tbsp olive oil
- 6 cups water
- Salt and pepper
- Vinegar to serve as needed

Method :

- Remove the stems from the greens and roughly cut the greens into bite sized pieces.
- Wash the cut greens in a colander, really ensuring the soil is removed from them.
- Mince the garlic.
- Slice the yellow onion into thin half-moons.
- Sauté the onion in the olive oil over medium heat in a medium sized pot. Add a little salt to taste. Sauté until the onions soften, about 4 minutes.
- Add the garlic and stir, cooking just until fragrant.
- Quickly add the washed greens and stir. Add enough water to just cover the greens, then cover the pot with a lid slightly ajar.
- When the greens are tender, about 20-30 minutes, taste for seasoning. Add salt and pepper as needed.
- Drain any remaining water from the greens so they stop cooking.
- Serve with red wine, malt, or white wine vinegar on the side.





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Modernized French Onion Soup

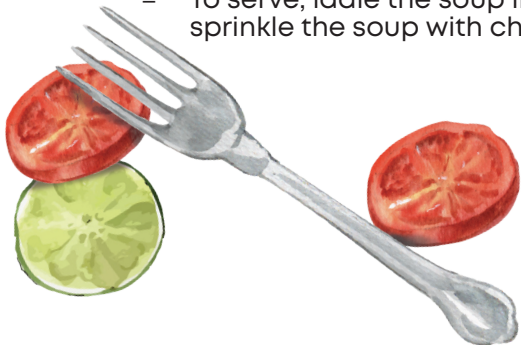
Serves: 4-6

Ingredients:

- 3 tbsp butter
- 3-4 large yellow onions (about 3 pounds)
- 8 cups vegetable stock
- 1 cup dry white wine
- 1 tbsp dry sherry
- 1 tbsp all-purpose flour
- Baguette cut into ½ inch slices
- 1 cup grated Gruyere cheese
- 2 tbsp chopped flat leaf Italian parsley
- Salt and pepper

Method :

- Melt butter in a heavy stockpot or Dutch oven over medium heat. Add onions and a pinch of salt. Stir and cover to allow the onions to soften for 5 minutes.
- Remove lid and carefully allow onions to caramelize until golden brown over medium-low heat, stirring occasionally. (About 45-60 minutes.)
- Meanwhile, warm broth in a saucepan over low heat. Cover to keep warm.
- Once onions are caramelized, reserve 4 small spoonfuls and keep warm.
- Add wine and sherry to the pot and bring to a boil.
- Stir in the flour and allow to thicken, stirring constantly so as not to burn the flour.
- Slowly add the warm broth, along with about 1 tsp each of salt and pepper. Allow to sit for about 5 minutes, then taste for seasoning and adjust as necessary.
- Heat the broiler and arrange baguette slices on a baking sheet. Lightly toast the bread, then flip over. Add the cheese to the bread and broil until melted.
- To serve, ladle the soup into bowls and top with the cheesy bread. Add the reserved onions to the tops of the cheesy bread, and sprinkle the soup with chopped parsley.





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Cilantro Chimichurri with Tortillas

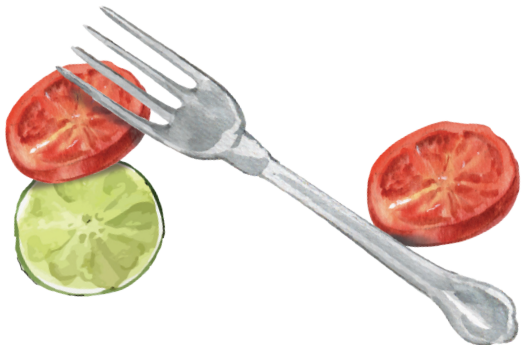
Serves: 8

Ingredients:

- ½ cup red onion, roughly chopped
- 2 cloves garlic, peeled and smashed
- 1 tbsp red wine vinegar
- 1 lime, juiced
- 1 cup loosely packed fresh cilantro leaves
- 1 cup loosely packed fresh parsley leaves
- 2 tbsp fresh oregano leaves
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- ¼ tsp red pepper flakes or more to taste
- 1/3 cup extra virgin olive oil
- Tortillas, corn or flour

Method :

- Place red onion, garlic, red wine vinegar, and lime juice to the bowl of a food processor and pulse, stopping to scrape down the sides as needed, until finely minced.
- Add the cilantro, parsley, oregano, salt, pepper and red pepper flakes and pulse several times until herbs are finely chopped, but still have some texture to them, scraping down the sides as needed. Add the olive oil and pulse just one or twice to lightly combine.
- Serve cold or at room temperature, alongside tortillas or your favorite dishes.





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Dry Noodle Salad with Pak Choi

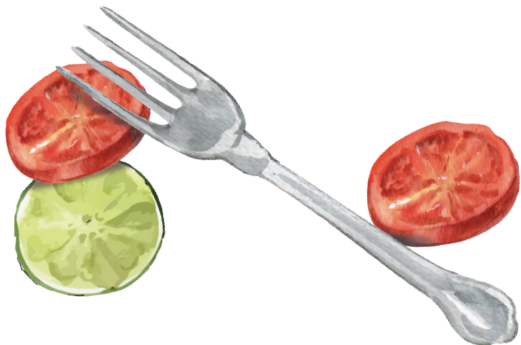
Serves: 4

Ingredients:

- For the Thai Peanut Dressing:
 - 1 large clove garlic
 - 2 tbsp toasted sesame oil
 - 3 tbsp peanut, almond, or sunflower butter
 - 2 tsp ginger, peeled and grated
 - 3 tbsp fresh lime juice, plus more as needed
 - 2 tbsp + 1 tsp tamari or low sodium soy sauce
 - 1 tsp coconut sugar
- For the Salad:
 - 4 ounces soba (buckwheat) noodles
 - Good quality extra virgin olive oil
 - 1 red bell pepper, diced
 - ½ English cucumber, diced
 - 1 carrot, julienned
 - 4 green onions, chopped
 - 1 bunch Pak choi, torn from stems
 - ¼ cup cilantro, chopped

Method :

- For the dressing, combine all ingredients into a food processor or blender until well combined. Alternatively, add all ingredients except the oil into a bowl, and whisk the oil slowly into the ingredients until combined.
- Cook the soba noodles according to the instructions on the package. Add the Pak choi during the last minute of cooking. Drain well.
- Transfer to a bowl and toss with a small amount of olive oil to prevent the noodles from sticking together.
- Add the bell pepper, cucumber, carrot, green onions, and cilantro to the bowl. Toss with the dressing until well combined.





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Carrots Vichy

Serves: 4

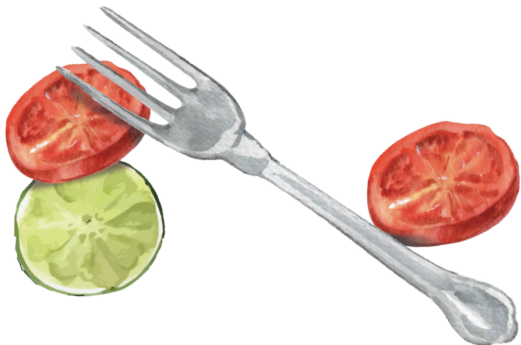
Ingredients:

- 1 lb carrots, peeled and cut into lengths of about ½ inch by 2 inches
- 2 tbsp butter
- 2 tbsp honey or maple syrup
- 1 tsp fresh flat leaf Italian parsley leaves, finely chopped

- ½ tsp fresh thyme leaves, finely chopped
- Salt and pepper to taste
- Cold water

Method :

- Place the sliced carrots into a large sauté pan and season with salt and pepper. Add the butter and allow to melt.
- Add enough cold water to reach halfway up the sides of the carrots and turn the heat to high to bring the liquid to a boil.
- Turn the heat down to medium and cook, stirring occasionally, until the carrots are just cooked through (about 15 minutes). If the pan appears to dry out during this process, add a little more water to it.
- Once the carrots are cooked through, add the honey or maple syrup, herbs, and season to taste with salt and pepper. Serve with a slotted spoon to release any liquid from the carrots.





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Steamed Edamame Salad

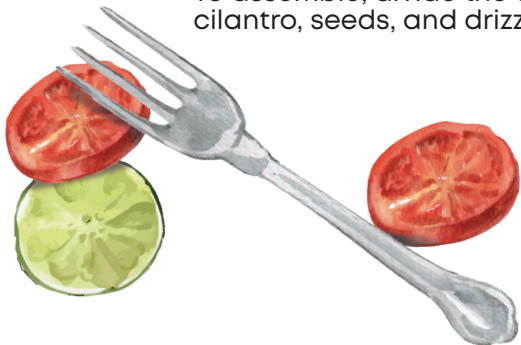
Serves: 2 as a main dish, 4 as a side

Ingredients:

- For the salad:
 - 1 sweet potato, cut into ½ inch thick rounds
 - 1 ½ tsp olive oil
 - 1 cup uncooked quinoa, rinsed and drained
 - 1 cup frozen shelled edamame, thawed
 - 1 carrot, julienned
 - 2 green onions, thinly sliced
 - ¼ cup cilantro leaves, chopped
 - 1 tsp sesame seeds
 - 1 tbsp hemp seeds
 - Salt and pepper to taste

Method :

- For the dressing, combine all ingredients into a food processor or blender until well combined. Alternatively, add all ingredients except the oil into a bowl, and whisk the oil slowly into the ingredients until combined.
- Preheat the oven to 400°.
- Place the sweet potato rounds on a large rimmed baking sheet and drizzle with oil. Rub on both sides to coat. Sprinkle with salt and pepper, and roast for 20 minutes. Flip and roast 10 minutes more.
- Steam the edamame in a steamer or double broiler for 3 minutes, until tender but al dente.
- Meanwhile, cook the quinoa according to package instructions. Season with salt and pepper.
- To assemble, divide the quinoa between plates. Top with the roasted sweet potato rounds, edamame, carrots, green onion, cilantro, seeds, and drizzle with the dressing.





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Roasted Tomato Pasta with Herbs

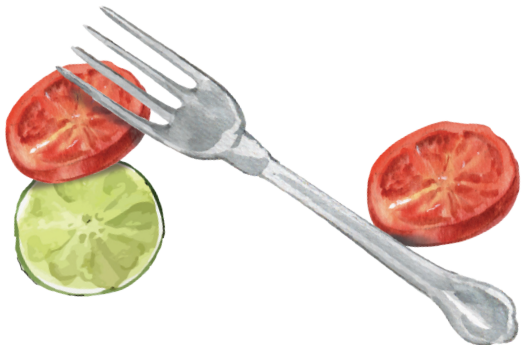
Serves: 4

Ingredients:

- 1 lb cherry tomatoes, preferably of different colors
- 3 cloves garlic, minced
- ¼ cup good quality olive oil
- 1 large sprig of fresh basil (about 6 leaves), chiffonaded
- 1 lb long pasta, preferably angel hair
- Salt and pepper
- 1/8 tsp red pepper flakes

Method :

- Bring a stockpot of water to a boil for the pasta.
- Meanwhile, cut the cherry tomatoes in half.
- Bring a large saucepan to medium high heat and add the olive oil. Once the olive oil is shimmering slightly (not smoking), add the garlic and cook until fragrant, about 30 seconds.
- Add the cherry tomatoes to the pan with a little salt, pepper, and the red pepper flakes.
- While the cherry tomatoes cook, add the pasta to the water and cook according to package instructions. Reserve 1 cup pasta water before draining.
- As the pasta drains in a colander, use a potato masher or a fork to burst the cherry tomatoes slightly.
- Add the pasta to the pan and stir. If it feels too dry, add pasta water, a little at a time, to soften the dish. Taste for seasoning and add salt and pepper as necessary.
- Serve topped with the basil and optional freshly grated parmigiana reggiano cheese.





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Texas Caviar on Grilled Toast

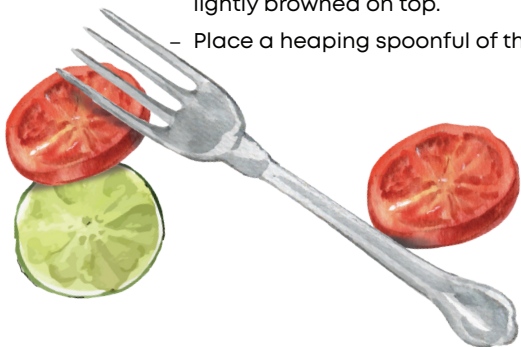
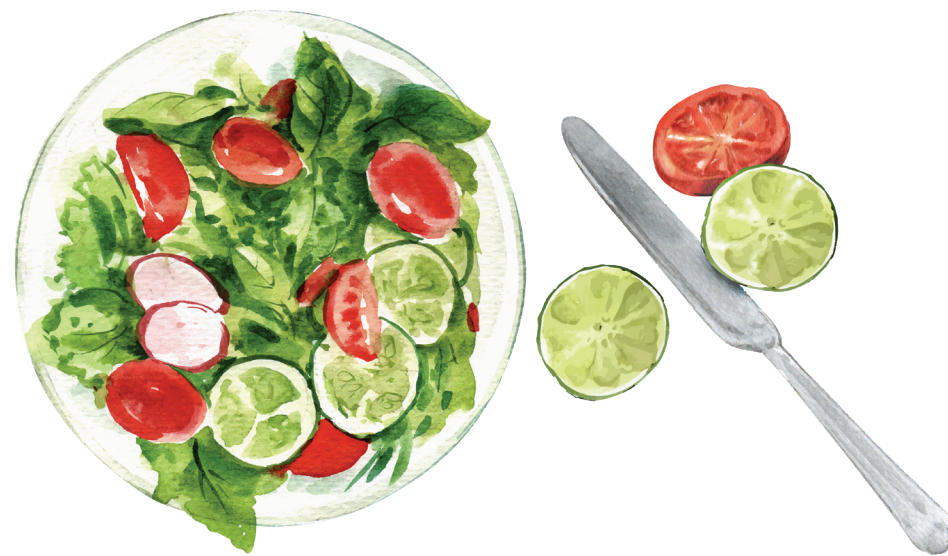
Serves: 6-8

Ingredients:

- 2 whole sun-dried tomatoes, or 1/4 C diced sun-dried tomatoes
- 2/3 cup dried black-eyed peas, sorted and soaked in water overnight
- 3/4 cup good quality olive oil
- 16 large cloves garlic, thinly sliced
- 2 tbsp fresh lemon juice
- 2 tbsp red wine vinegar
- 1 1/2 cups seeded tomatoes, diced into 1/4-inch pieces

Method :

- Place sun-dried tomatoes into a small heatproof bowl. Add boiling water and cover. Soak for 5 minutes. Drain and chop finely.
- Drain black-eyed peas and rinse well. Transfer to a medium saucepan and add enough water to cover by about 2 inches. Bring to a boil over high heat. Decrease heat to medium, skim off any foam, and partially cover. Cook until beans are softening but still firm, about 45 minutes. Stir in about a teaspoon of salt and simmer for 10 more minutes. Drain in a colander, rinse with cold water for 1 minute, and allow to cool.
- Meanwhile, warm the oil in a skillet over low heat. Add the garlic and cook, stirring occasionally, until crispy and golden, 8-10 minutes. Strain garlic oil through a fine-mesh sieve into a glass measuring cup with a spout and reserve the garlic and oil separately.
- Place chopped sun-dried tomatoes into a blender. Add the lemon juice, vinegar, salt to taste, and process until smooth. With the blender running, pour in 1/4 C of the garlic oil in a slow stream and process until creamy.
- Transfer the blended mixture to a large bowl. Add the black-eyed peas, tomatoes, bell peppers, onion, jalapenos, and 1/4 C of the cilantro. Stir gently until well combined, then cover. Allow to sit at room temperature for at least an hour to allow flavors to develop.
- Preheat the oven to 400°. Season the black-eyed pea mixture to taste with salt and pepper.
- Lightly brush each slice of bread with the reserved garlic oil and save the remainder for drizzling. Put the bread on a large sheet tray and bake without turning until lightly browned on top.
- Place a heaping spoonful of the mixture on the bread, and garnish with the crispy garlic, cilantro, and a drizzle of garlic oil.





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Three Bean Salad

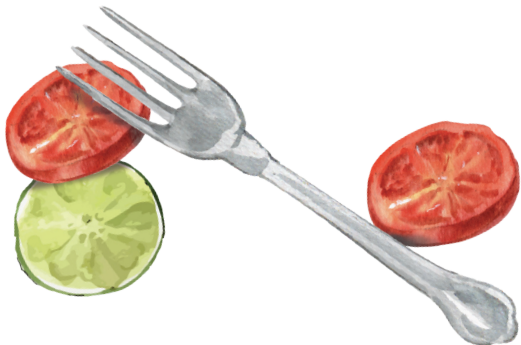
Serves: 4-6

Ingredients:

- 1 cup cannellini beans
- 1 cup garbanzo beans (chickpeas)
- 1 cup kidney beans
- 1 small stalk celery, peeled and sliced thinly
- ½ small red onion, diced finely
- 4 tbsp cilantro, chopped
- 2 tbsp rosemary, chopped
- 4 tbsp apple cider vinegar
- 4 tbsp good quality olive oil
- Salt and pepper to taste

Method :

- Drain and rinse the beans in a colander, then place into a bowl.
- Add the celery and red onion. Stir to combine.
- Place the herbs and the vinegar into a bowl and whisk the olive oil in to make a smooth dressing. Season to taste with salt and pepper.
- Toss the dressing into the bowl with the beans gently. Serve cold or at room temperature.





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Sweet Potato Toasts with Tahini Dressing

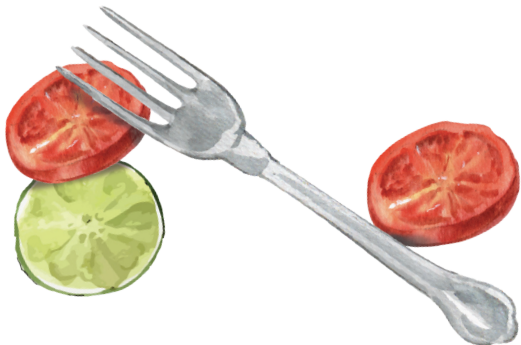
Serves: 6-8

Ingredients:

- 2 large orange sweet potato, scrubbed with ends removed
- 2 lbs purple sweet potato, scrubbed with ends removed
- 3 tbsp tahini
- 1 lemon, halved
- 1 cucumber, sliced thinly
- Pinch sea salt
- 2 tbsp flat-leaf Italian parsley

Method :

- Cut sweet potato into ¼ in slices. Bake at 350° for 15-20 minutes until tender but not cooked through.
- Remove from oven and allow to cool completely. (This can be done a day ahead of time and refrigerated to save you time.)
- Place under high broiler until warm, bubbly, and crispy on edges (about 1 minute).
- To make the dressing, whisk together the tahini and lemon with a pinch of sea salt to taste.
- Smear on the toasts, then top with cucumber and parsley.





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Okra Succotash with Tomatoes and Corn

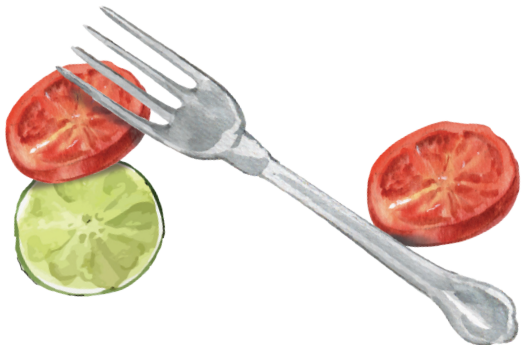
Serves: 4-6

Ingredients:

- ½ cup fresh okra, sliced ½ inch thick
- 2 tsp butter
- 1 tbsp good quality olive oil
- 1 cup fresh or frozen lima beans
- 1 ear corn, kernels removed
- ¼ cup yellow onion, diced
- 1 clove garlic, minced
- 2 cups grape or cherry tomatoes, halved
- Salt and pepper to taste

Method :

- Bring a small pot of water to a boil. Boil the okra slices for 1 minute. Drain and rinse the okra. Bring more water to a boil and repeat the boiling and rinsing process two more times. Set aside.
- Melt the butter in the oil in a large saucepan over medium heat. Add the lima beans, corn, onion, garlic, okra, and a little fresh pepper to the pan. Cook, stirring occasionally, until the onion is translucent and the beans are tender, about 5 minutes.
- Add the tomatoes to the pan and cook for 2 minutes to heat through. Season to taste with salt and pepper.





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Southern Style Squash with Onions

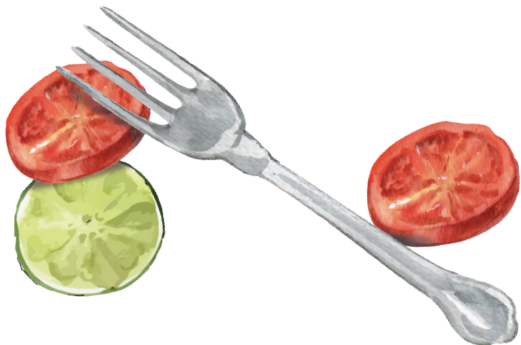
Serves: 4-6

Ingredients:

- 4 yellow (crookneck) squash, sliced into ½ inch rounds
- 1 yellow onion, sliced into thin half-moons
- 1 clove garlic, minced
- 2 tbsp butter or olive oil
- ¼ tsp red pepper flakes
- Salt and pepper to taste

Method :

- Melt the butter or olive oil in a large saucepan over medium heat. Add the yellow onion and stir with a pinch of salt. Cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the garlic and cook until fragrant.
- Add the squash and red pepper flakes to the pan, stirring until well coated with the oil and the onions. Cook over medium heat until the squash is beginning to brown on the edges and is tender.
- Add salt and pepper to taste. Serve warm.





A TASTEFUL PLACE AT THE DALLAS ARBORETUM



Roasted Eggplant with Herbs and Lemon

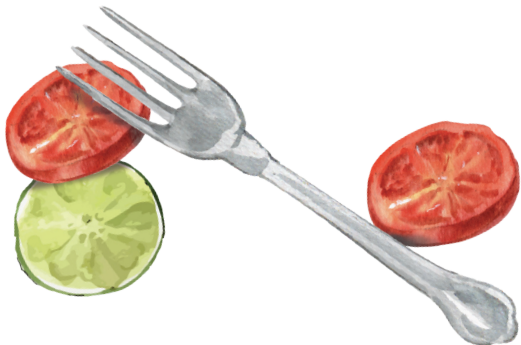
Serves: 4

Ingredients:

- 2 eggplants, preferably thin, halved lengthwise
- 2 lemons, halved
- 1 tbsp basil, chiffonaded
- 1 tbsp flat leaf Italian parsley, chopped
- 1 tsp oregano, chopped
- 2 cloves garlic, sliced thinly
- Salt to taste

Method :

- Preheat the oven to 375°.
- Place the halved eggplants on a baking sheet and sprinkle with salt. Allow the eggplants to release their bitterness for about 20 minutes, then wipe the salt with a damp paper towel.
- Place the eggplants into the oven and roast for about 30 minutes. You'll see the skin just begin to blister and the insides become tender.
- Remove from the oven and immediately drizzle with olive oil and scatter the garlic slices. Allow to cool slightly.
- Place the herbs on the eggplants and add a pinch of salt to taste. Serve warm or at room temperature.





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Tomatillo Salsa with Corn Chips

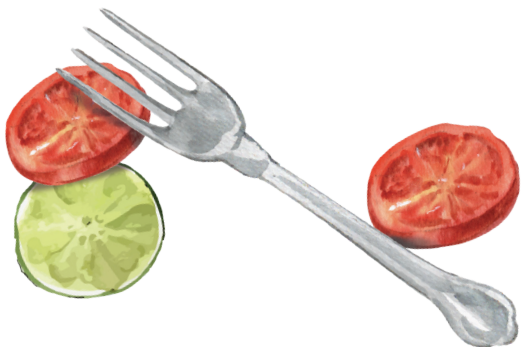
Serves: 6

Ingredients:

- 12 small tomatillos
- 1 white onion, roughly chopped
- ¼ cup cilantro leaves
- 1 clove garlic, halved
- 1-2 serrano chiles, destemmed
- 1 small head little gem lettuce
- 1 avocado
- 1 cup water
- Salt to taste

Method :

- Combine all ingredients in a high powered blender until smooth. Salt to taste. Serve alongside tortilla chips or your favorite dish.





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Chili Lime Pumpkin Seeds with Peppers

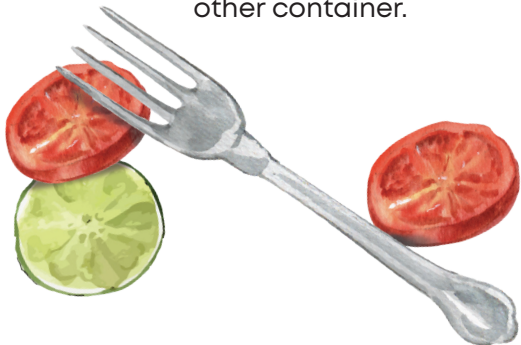
Serves: 10 or more

Ingredients:

- 4 cups shelled pumpkin seeds (pepitas)
- 2 limes
- 4 dried hot peppers, such as ancho or cayenne, smashed with the back of a spoon to release heat
- 2 tsp chili powder
- 1 tsp sea salt

Method :

- Preheat oven to 350°.
- Place a large skillet on the stove and turn to medium heat. Once beginning to warm, add the pepitas and stir a bit to make sure they're all getting warm.
- Add the hot peppers, chili powder, and salt. Stir, then add the juice of the limes.
- Stir constantly until fragrant, then immediately transfer to a baking sheet. Remove the 4 dried peppers.
- Bake for 8 minutes, stirring once midway through. Allow to cool on the baking sheet for 5 minutes before transferring to a bowl or other container.





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Roasted Pepper and Hummus Sandwiches

Serves: 8

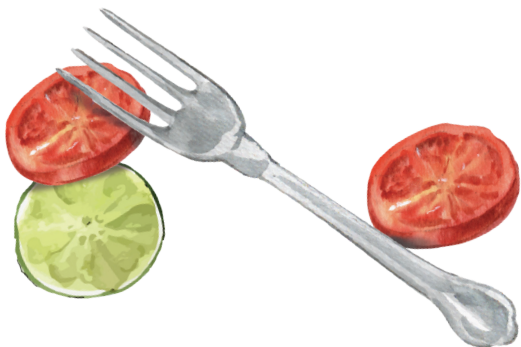
Ingredients:

- 2 large red bell peppers
- 1 small red onion, sliced into thin half-moons
- 1 cucumber, sliced thinly into rounds
- Hummus, either store bought or homemade (recipe follows)
- 1 loaf French bread

- Hummus:
 - 1 can cannellini beans, rinsed and drained
 - 2 cloves garlic
 - 1 tbsp fresh lemon juice
 - 2 tbsp good quality olive oil
 - ¼ tsp sea salt
 - Pepper and red pepper flakes to taste

Method :

- Combine all hummus ingredients into a food processor or blender and blend until smooth. Add water as necessary.
- Slice the French bread into 16 slices about ½ inch thick. Bake or grill slices till nicely browned.
- Roast the peppers over a stove top or grill on high heat, turning to make sure all sides are blackened. Place into a bowl and cover, allowing to cool. Remove skins and discard. Slice the peppers into sizes that fit your sandwich bread.
- Spread the hummus on each side of your bread. Place the onions, bell peppers, and cucumbers inside. Serve at room temperature, or add to a panini press to heat it.





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Southwestern Quinoa Bowl

Serves: 4

Ingredients:

- 1 cup quinoa
- 2 cups cooked black beans
- 4 cups baby spinach, ends trimmed
- 16 cherry tomatoes, halved
- 2 red bell peppers, diced
- 1 cup non-GMO corn kernels, frozen and thawed or fresh from the cob
- 1 avocado, sliced
- 1/2 cup Cumin Lime Dressing (recipe follows)
- Handful pumpkin seeds, roasted
- 2 scallions, sliced diagonally
- 1/4 cup cilantro, minced

Method :

- Bring 1.5 Cups water to a low boil. Add quinoa and a pinch of salt. Cover and cook on low for 15 minutes, until the water is absorbed and the quinoa has spiraled.
- Spread the quinoa into 4 wide bowls and top with black beans, spinach, peppers, corn, tomatoes, and avocado.
- Place all dressing ingredients into a jar and shake well. Top quinoa bowl with a drizzle of the dressing, and top with pumpkin seeds, sliced scallion, and cilantro.



• **Dressing Ingredients:**

- 1/2 cup lime juice
- 1 tsp sea salt
- 2 tbsp good-quality olive oil
- 2 tsp ground cumin
- 2 garlic cloves, minced
- 2 tbsp minced jalapeno
- 1/2 tsp chili powder



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Greek Yogurt Dip (Tzatziki) with Pita Bread

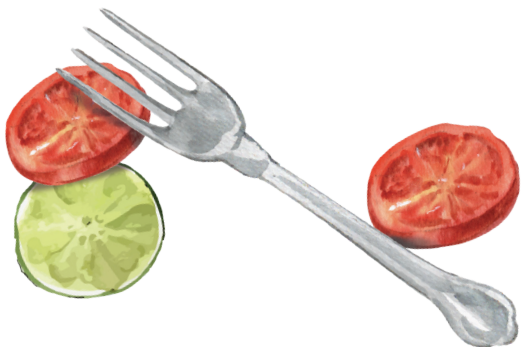
Serves: 4-6

Ingredients:

- 1 lb plain yogurt or dairy-free yogurt (not Greek)
- ½ cucumber
- 3 garlic cloves, crushed
- 2 tbsp mint, chopped + more for serving
- 2 tbsp good quality olive oil
- 1 tbsp white wine vinegar
- Salt to taste
- Pita bread, warmed

Method :

- Place the yogurt in a medium-sized bowl. Peel and grate the cucumber, squeezing a little at a time in the palm of your hand to remove excess water. Stir the cucumber into the yogurt.
- Stir in the garlic, mint, olive oil, vinegar, and a pinch of salt. Cover and chill in the refrigerator.
- To serve, taste for seasoning and add salt as necessary. Top with fresh mint and serve with pita bread as a side dish or appetizer.





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Butternut Squash and Garlic Soup

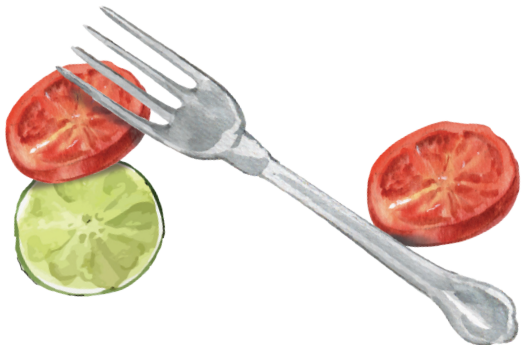
Serves: 8

Ingredients:

- 1 tbsp good quality olive oil
- 1 ½ cups yellow onion, finely chopped
- 2 cloves garlic, minced
- 2 butternut squashes cut into 2 inch cubes
- 4 ½ cups water
- 1 cup vegetable stock
- ½ cup dry sherry
- Salt and pepper to taste

Method :

- Heat the oil in a large stockpot. Add the onions, reduce heat to low, and sauté until they're tender but not brown. Stir in the garlic and cook until fragrant, about 30 seconds.
- Add the squash and water. Cover and simmer until the squash is tender, about 40 minutes. Allow the mixture to cool slightly, then puree with an immersion blender or food processor until smooth.
- Add stock and sherry to the puree. Bring back to heat over medium low and season with salt and pepper to taste. Cook for 10 more minutes and serve warm.





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Quinoa, Tomato, and Cucumber Lettuce Wrap

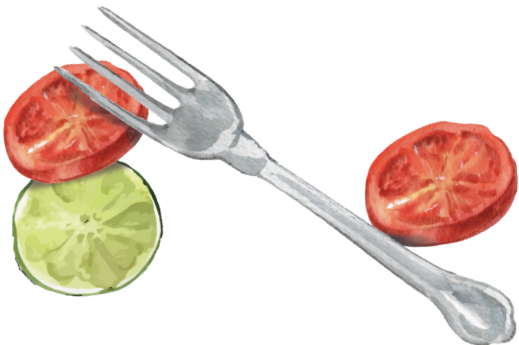
Serves: 6

Ingredients:

- For the wrap:
 - 6 large lettuce leaves, preferably Bibb
 - 1 cup cooked quinoa
 - 2 large ripe tomatoes, diced
 - 1 cucumber, peeled and diced
 - 2 tbsp flat leaf Italian parsley, chopped
- For the dressing:
 - 2 tbsp white wine vinegar
 - 1 tsp Dijon
 - 1 tsp shallot, minced
 - ¼ cup good quality olive oil, more or less as needed
 - Salt and pepper to taste

Method :

- Place the vinegar, Dijon, shallot, and a pinch of salt and pepper into a large bowl. Drizzle the olive oil into the bowl while constantly whisking.
- Add quinoa, tomatoes, and cucumber to the bowl. Toss well.
- Using a slotted spoon, place the quinoa mixture into the lettuce leaves. Sprinkle with parsley. Wrap tightly and serve cold or at room temperature.





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Braised Leeks with Roasted Garlic

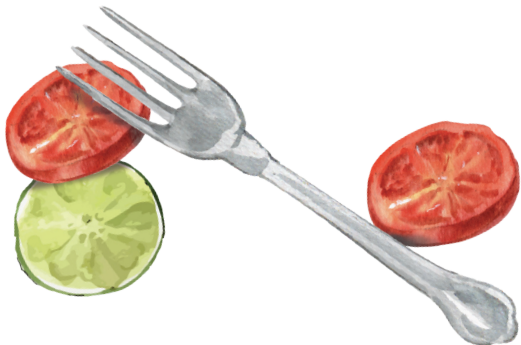
Serves: 4

Ingredients:

- 4 leeks, cleaned
- 1 head garlic
- 1 cup vegetable broth, plus more as needed
- Salt and pepper to taste
- 1 tsp good quality olive oil
- 1 lemon, zested

Method :

- Preheat the oven to 400°.
- Cut just the top of the garlic head and drizzle with olive oil. Wrap in foil with a small area open at the top. Roast for 45 minutes. Allow to cool.
- Remove the root and rough ends from the leeks. Cut leeks in half, lengthwise.
- Heat a saucepan over medium heat. Place leeks cut side down into pan. Cover a little over halfway with the vegetable broth. Add a pinch of salt and pepper to the broth.
- Once tender, remove the leeks from the pan with tongs. Place onto serving dish and squeeze garlic onto the leeks. Sprinkle with lemon zest and serve warm.





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New Orleans Collard Greens

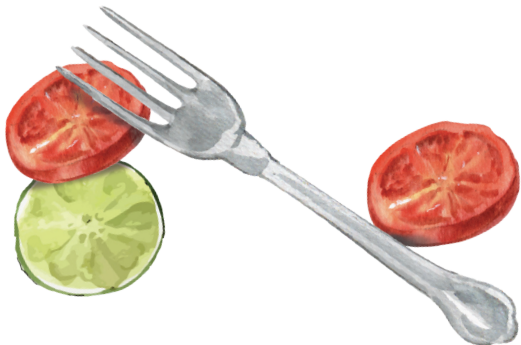
Serves: 4-6

Ingredients:

- 1 lb collard greens
- 3 tbsp good quality olive oil
- 1 red onion, finely chopped
- ½ tsp ginger, minced
- ¼ tsp chili powder
- Pinch cayenne pepper
- 2 large cloves garlic, minced
- 1 cup vegetable stock
- 1 red bell pepper, diced
- 1 jalapeno, seeded and minced

Method :

- Place 12 cups water into a large pot and bring to a boil over high heat. Add 1 tbsp salt, then add the greens and cook until softened, about 10 minutes. Drain well and press the greens to release the water.
- When cool enough to handle, cut the collard greens into bite sized pieces.
- Meanwhile, warm the oil in a medium sauté pan over medium heat. Add the onion, ginger, chili powder, cayenne, and a large pinch of salt. Sauté until the onion is soft and beginning to brown, about 10 minutes. Add the garlic and cook until fragrant.
- Stir in the greens and stock and bring to a simmer. Cook about 45 minutes, stirring occasionally, until the greens are tender.
- Stir in the peppers and increase heat to medium high, cover, and simmer for 2 more minutes. Taste and adjust season as needed.





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Good Luck Braised Cabbage

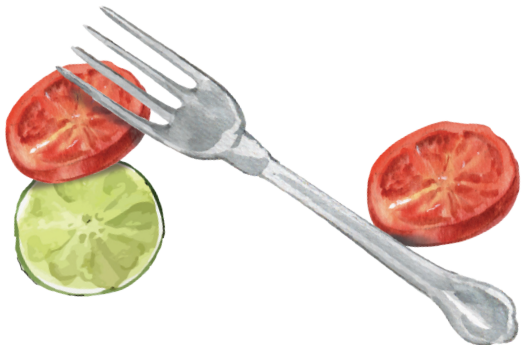
Serves: 4

Ingredients:

- 2 ¼ cups vegetable broth
- ½ head of cabbage, cut into 4 wedges (keep intact)
- ½ yellow onion, sliced thinly
- 1 tbsp good quality olive oil
- Salt and pepper to taste

Method :

- Heat the olive oil in a sauce pot over medium heat. Once shimmering, add the onion and a pinch of salt. Cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the cabbage to the pot, flattest side down, and the vegetable broth. Cover and cook for 8 minutes to reduce the liquid.
- Turn heat to low and continue to braise until the cabbage is tender, about 15-20 minutes. Season to taste with salt and pepper.





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Parsley and Celery Salad with Mushrooms

Serves: 4-6

Ingredients:

- For the salad:
 - 8 ounces white button mushrooms, stemmed and sliced
 - 1 stalk celery, peeled and sliced thinly
 - 1 bunch flat leaf Italian parsley, chopped
 - ½ small red onion, sliced thinly

Method :

- Toss all salad ingredients into a bowl.
- Place the lemon juice and zest into a bowl with the Dijon.
- Drizzle in the olive oil while whisking, and season with salt and pepper to taste.
- Toss dressing with salad and serve cold or at room temperature.

