

Tested Farmers' Market Recipes

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- In this file you will find a variety of recipes that feature some of the fresh produce available in Utah throughout the growing season. We hope these recipes will help save you time as you are preparing for farmers' market nutrition education booths.
- Recipes are designed to be printed on 4x6" cards. Recipes that take up 2 pages in this file are intended to be printed double sided.
- Feel free to use recipes other than the ones here. You will find the recipe card template on the staff website under the Farmers' Market tabs.

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Apple Recipes



Apple Salad

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Ingredients

- 2 cups apples, diced
- 1 cup celery, diced
- 1/2 cup raisins
- 1/2 cup walnuts (optional)
- 2 tablespoons mayonnaise
- 1/2 tablespoon orange juice

Directions

Mix orange juice with salad dressing or mayonnaise. Toss apples, celery, raisins, and walnuts (optional) with the dressing mixture.

Yield: 8 servings

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Green Fruit Salad

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Ingredients

- 2 granny smith apples
- 5 kiwis
- 1 honeydew melon
- 1/2 pound green grapes
- Juice of 2 limes
- 3 tablespoon fresh mint, chopped

Directions

Cut all of the fruit into bite sized pieces and add to a large bowl. Combine lime juice and mint, pour over salad. Toss to combine. Let chill for about an hour before serving.

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Apricot Recipes



Apricot Pudding

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Ingredients

- 1 ¼ cup milk
- 2/3 cup sugar
- Pinch of salt
- 1 teaspoon vanilla extract
- 3 tablespoon cornstarch
- 2 cups VERY ripe apricots, pureed

Directions

Put apricot puree, ¾ cup milk, sugar, and salt in a medium saucepan over medium-low heat. Cook until it just begins to steam

Combine cornstarch and remaining milk and blend until smooth. Add cornstarch mixture to apricot mix.

Stir occasionally until mixture thickens and it just starts to boil. Reduce heat to very low and continue to cook for another 5 minutes. Add vanilla.

Pour mixture into a dish, cover with plastic wrap and chill. Serve within 1 day.

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Apricot & Arugula Salad

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Ingredients

Salad

- 1 cup chickpeas
- 4 cup arugula
- 1 small avocado, cubed
- 1 cup fresh apricots, chopped or 1/2 cup dried apricots
- ¼ cup almonds, sliced
- ¼ cup green onions, chopped

Dressing

- 1/4 cup olive oil
- 1 clove garlic, minced
- 1 1/2 tablespoons lemon juice
- 1 teaspoon orange juice
- 1 teaspoon honey
- 2 teaspoon cumin
- salt and pepper, to taste

Directions

Whisk together the ingredients for the dressing. Set aside.

Toss together salad ingredients and drizzle on the dressing

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Arugula Recipes



Spring Vegetable Salad

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Ingredients

Salad

- $\frac{3}{4}$ cup whole wheat pasta, cooked & chilled
- 1 pound asparagus, ends removed and cut into 1 inch pieces
- 3 cups arugula
- 1 cup radishes, sliced
- 2 green onions, sliced
- 4 ounces feta cheese, crumbled

Dressing

- 1 avocado
- 3 tbsp. olive oil
- 2 tbsp. lemon juice
- 1 tbsp. red wine vinegar
- $\frac{1}{3}$ c. low-fat Greek yogurt

Directions

In a blender or food processor blend: avocado, olive oil, lemon juice, and vinegar. Then add the yogurt and blend until smooth.

Heat a medium pot of water over medium heat and simmer asparagus for 2-3 minutes. Remove, drain, and place the asparagus in a bowl of ice water

Combine cooked pasta and asparagus with other salad ingredients in a large bowl. Pour dressing over the salad and toss.

Yields: 4 servings



Beet Recipes



Beet and Parsley Salad

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Ingredients

- 2 pounds beets, peeled and diced into 1 inch cubes
- 2 tablespoons lemon juice
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons olive oil
- salt and pepper, to taste
- 1/2 cup red onion, minced

Directions

Place beets in a steamer basket and steam for 30-40 minutes until fork tender.

Whisk together lemon juice, parsley, olive oil, salt, pepper, and red onion. Add beets, and toss to coat.

Yield: 4 servings

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Up Beet Slaw

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Ingredients

- 1 ½ cup beet, shredded (about one large beet)
- 1 ½ cup carrots, shredded (about 3 medium sized carrots)
- 1 ½ cup apples, shredded (about 3 medium sized apples)
- 1 1/2 tablespoons lemon juice
- 2 tablespoons ginger root, shredded
- 1/8 teaspoon salt

Directions

Shred beet, carrots, apples, and ginger. Place in a large bowl. Toss with lemon juice and salt. Chill for 30 minutes. Enjoy in a bowl with almonds, on a crepe, or as a side dish at a summer BBQ.

Yield: 5-6 servings

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Beet and Apple Salad with Orange Vinaigrette

Ingredients

- 2-3 large beets
- 1 apple, chopped
- ½ cup olive oil
- ¼ cup apple cider vinegar
- 1 teaspoon salt
- Juice and zest of 1 orange
- 1 tablespoon red onion, minced
- ¼ teaspoon pepper
- 1 tablespoon sugar

Beets are an excellent source of folate and have the highest natural sugar content of any vegetable. They are very sweet and delicious!

Directions

Preheat oven to 400° F. Trim off beet greens, rinse beets, and wrap in foil. Bake on a sheet pan for 1 hour or until a fork can be easily inserted. Once the beets are cool, peel and chop them into 1-inch pieces. Peel and chop the apple into 1-inch pieces and add to the bowl with the beets. In a separate bowl, mix the rest of the ingredients and whisk to combine. Add the dressing to the beets and apples. Can be served immediately, but is best when chilled in the refrigerator for a few hours.

Yield: 4 cups

Tip: Don't throw away your beet greens! Beet greens are completely edible and are delicious when chopped and served with this vinaigrette! Try sautéing them with a little bit of garlic and olive oil as an alternative to spinach, kale or chard!



Broccoli Recipes



Garden Orchard Salad

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Ingredients

- 1 ½ cups broccoli florets, coarsely chopped
- ½ cup carrots, grated
- ½ cup cauliflower, coarsely chopped
- ½ cup apple, cored & chopped (not peeled)
- ¼ cup green onions, sliced
- ½ cup vanilla yogurt
- ¼ cup unsalted, dry-roasted peanuts, chopped
- 1 ½ teaspoon grated ginger
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

Mix all ingredients in a serving bowl. Cover and refrigerate for 2 hours or longer to allow flavors to blend. Serve cold.

Cover and refrigerate leftovers within 2 hours.

Yield: 3 cups

Recipe adapted from: Kansas State University Research and Extension

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Broccoli Apple Salad

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Ingredients

Salad

- 4 cups broccoli florets
- ½ cup shredded carrots
- ½ cup red onion, diced
- 2 large apples, chopped
- ½ cup dried cranberries
- ½ cup sunflower seeds or walnuts (optional)

Dressing

- 1 cup plain Greek yogurt
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- Salt and pepper, to taste

Directions

In a large bowl combine broccoli, carrots, onion, apples, sunflower seeds or walnuts, and cranberries or raisins

In a small bowl whisk together yogurt, lemon juice, sugar, salt, and pepper. Add dressing to salad and toss. Chill in refrigerator until serving.

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Wheat Berry and Broccoli Salad

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Ingredients

- ½ cup wheat berries
- 1 ½ cup water
- 2 bunches broccoli, chopped
- ½ cup raisins
- 1/3 cup red onion, chopped
- 2 cups grapes, halved
- 1-6 ounces plain Greek yogurt, low-fat (preferred)
- ¼ cup sugar
- 2 tablespoons cider vinegar

Directions

Add wheat berries to boiling water and reduce heat to a simmer. Simmer uncovered for 1 hour or until cooked. Drain and set aside to cool.

Combine wheat berries, broccoli, grapes, raisins, and onion in a large bowl.

Mix the yogurt, sugar, and vinegar in a small bowl. Pour over broccoli mixture. Toss to coat.

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Cauliflower Recipes



Roasted Cauliflower

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Ingredients

- 1 head cauliflower, cut into florets
- Salt and pepper to taste
- Olive oil
- Parmesan cheese (optional)

Directions

Preheat oven to 400° F. Cut cauliflower into bite-sized florets. In a medium bowl, toss cauliflower with olive oil. Place cauliflower in a single layer in a shallow baking dish. Sprinkle with salt and pepper. Roast in oven for 25-30 minutes, or until the tops start to brown. Sprinkle with Parmesan cheese if desired.

Yield: 4 servings



Cabbage Recipes



Savory Cabbage and Onion Marmalade

Ingredients

- 2 tablespoons olive oil
- 1 pound onions, thinly sliced
- 1 pound cabbage, shredded
- 3 garlic cloves, minced
- 2 teaspoons fresh thyme or 1 teaspoon dried
- Salt and pepper to taste

Directions

Heat oil in large, heavy skillet over medium heat. Add onions and cook until soft, about 10 minutes. Add cabbage to onions and cook, stirring often, until cabbage softens, about 10 minutes. Cover pan and turn heat to low. Cook slowly for 1 hour, stirring often, until the mixture has reached a golden color. Add garlic, thyme, salt, and pepper, and cook for 15 minutes longer. Serve warm or at room temperature.

Yield: 1 ½ cups

Tip: This recipe takes a little time to complete, but it is truly worth it! If you are short on time, put all the ingredients in a crockpot and cook on low for 7-8 hours! Try using this recipe on a sandwich or even as a pizza sauce with shaved Parmesan cheese and olives.

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Apple and Poppy Seed Coleslaw

Ingredients

- 2 cups green cabbage, shredded
- 1 ½ cups red cabbage, shredded
- ½ cup carrot, shredded
- 1 Granny Smith apple, sliced thin
- 2 tablespoon mayonnaise
- 3 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- ¼ cup lemon juice
- 1 tablespoon poppy seeds

Directions

Combine the green and red cabbage, carrot, and apple.

In a large glass measuring cup, whisk together mayo, olive oil, vinegar, lemon juice, and poppy seeds. Season with salt and pepper to taste.

Pour mixture over cabbage and stir to combine. Cover and place in refrigerator for an hour or until serving.



Chinese Cabbage Salad

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Ingredients

Salad

- 1 ½ cup red cabbage, shredded
- 4 cup green cabbage, shredded
- 1 cup carrot, shredded
- ½ cup green onions, diced
- 2 cups shredded chicken (fresh or canned)
*optional

Dressing

- ¼ cup soy sauce, lite (preferred)
- 3 tablespoon rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon sugar
- 1 ½ teaspoon ginger, grated
- 1 garlic clove, minced
- ½ teaspoon black pepper

Optional Toppings:

- 1 cup chow mein noodles
- 1 cup unsalted peanuts
- ¼ cup sesame seeds

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Directions

In a small bowl, whisk together the dressing ingredients.

Toss salad ingredients together in a large bowl and mix in dressing. Refrigerate until serving. Right before serving add optional toppings

Yield: 7 Servings



Mexican Coleslaw

Ingredients

- 4 cup finely shredded cabbage
- 1 cup chopped green onions
- 1 cup chopped red bell pepper
- 1 cup corn
- 2 ½ tablespoons cider vinegar
- 1 tablespoons water
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon oregano
- ¼ cup chopped fresh cilantro
- ½ jalapeno seeded, chopped
- 4 teaspoon olive oil
- 2 teaspoon sugar
- ½ teaspoon salt

Directions

Combine cabbage, green onions, bell pepper, and corn in a large bowl and toss to mix.

Mix the vinegar, water, garlic powder, cumin, oregano, cilantro, jalapeno, oil, sugar, and salt in a blender.

Pour over cabbage mixture and toss to coat. Chill covered one hour before serving.

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Carrot Recipes



Grated Carrot Salad with Lemon Dijon Vinaigrette

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Ingredients

- 1 pound carrots, peeled
- 2 teaspoons Dijon mustard
- 1 tablespoon lemon juice
- 3 tablespoons extra virgin olive oil
- 1-2 teaspoons honey, to taste
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper, to taste
- 2 tablespoons parsley, chopped
- 2 scallions, finely chopped

Directions

Grate the carrots in a food processor. Set aside. In a salad bowl, combine the Dijon mustard, lemon juice, olive oil, salt and pepper. Add the carrots, fresh parsley and scallions and toss well. Taste and adjust seasoning if necessary. Cover and refrigerate until ready to serve.

Notes: Depending on the sweetness of the carrots, you may want to add more or less honey. Also, if you make this salad ahead of time, be sure to check the seasoning again before serving as the flavors tend to mellow.

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Simply Delicious Carrot Soup

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Ingredients

- 1 teaspoon vegetable oil
- 1 ½ cup carrots, sliced thinly
- 1 medium onion, diced
- 1/3 cup celery, diced
- 1 cup potato, diced
- 2 garlic cloves, minced
- 1/4 teaspoon sugar
- 2 whole cloves *optional
- 3-4 cups vegetable broth

Directions

In medium sauce pan, heat oil and add carrots, onions, celery, potato, garlic, and a pinch of sugar. Cover and cook over low heat for 10 minutes, stirring occasionally. Add cloves (if using), black pepper, and broth and bring to a boil. Reduce heat and cook, partially covered, for about 20 minutes, or until vegetables are tender. Remove cloves. Allow soup to cool slightly and purée in batches in a blender or immersion blender, if desired.

Yield: 3-4 servings

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Carrot Apple Salad with Yogurt Dressing

Ingredients

Salad

- 2 carrots, shredded
- 2 apples, peeled and diced
- 1 stalk of celery, diced
- ¼ c. golden raisins
- Optional: ¼ c. pecans, chopped

Dressing:

- 1/3 c. plain low-fat Greek yogurt
- ¼ tsp. orange zest
- 3 tbsp. freshly squeezed orange juice
- 1 tsp. honey
- 1/8 tsp. cinnamon

Directions

In a large bowl, toss together the shredded carrots, apples, celery, raisins, and pecans.

In another bowl, whisk together the yogurt, orange zest, orange juice, honey, and cinnamon.

Pour the dressing over the salad and mix until everything is coated. Refrigerate until serving

Yield: 4-6 servings



Carrot Cake Oatmeal Cookies

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Ingredients

- 1 cup instant oats
- $\frac{3}{4}$ cup whole-wheat flour
- 1 $\frac{1}{2}$ teaspoon baking powder
- 1 $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon salt
- 2 tablespoons unsalted butter, melted
- 1 large egg, room temp
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup honey
- $\frac{3}{4}$ cup carrots, grated

Directions

In a medium bowl whisk together oats, flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together butter, egg, and vanilla. Add honey to butter/egg mixture.

Add flour mixture to liquid mixture, stirring just until moist. Fold in carrots. Chill dough for at least 30 minutes.

Preheat oven to 325°F and line a baking sheet with parchment paper. Drop cookies on sheet and bake for 12-15 minutes or until golden brown.

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Carrot Zucchini Bread

Ingredients

- 1 cup applesauce, unsweetened
- $\frac{3}{4}$ cup carrots, shredded
- $\frac{3}{4}$ cup zucchini, shredded
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 3 cups whole wheat pastry flour
- 1 $\frac{1}{2}$ teaspoon pumpkin pie spice
- 1 teaspoon ground nutmeg
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup orange juice

Directions

Lightly grease two 4x8x2 inch loaf pans. Preheat oven to 350°F.

In a bowl, combine applesauce, carrots, zucchini, sugar, and egg. Combine flour, spices, baking powder, baking soda, and salt in a separate bowl. Add the two mixtures together with the orange juice. Mix until just combined.

Pour into loaf pans. Bake for 45 minutes or until a wooden pick comes out clean. Cool for 10 minutes; remove from pans and allow to cool completely on a wire rack.

Yield: 2 Loaves



Herb Glazed Carrots

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Ingredients

- 6-8 large carrots, thinly sliced on the diagonal
- ½ white onion, diced
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 teaspoon Italian seasoning
- Salt & Pepper, to taste

Directions

Cook carrots in a little bit of water until they are crisp-tender.

Sauté onion in olive oil. Add drained carrots, honey, and Italian seasoning.

Stir well to coat carrots and heat thoroughly
Serve warm.

Yield: 6 servings

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Chard Recipes



Swiss Chard Dippers

Ingredients

- 1 bunch Swiss chard (about 8 leaves)
- 1 teaspoon garlic, minced
- 2 cups stuffing mix (crumbly kind)
- ½ cup Parmesan cheese
- ½ teaspoon black pepper
- 1/3 cup unsalted butter, melted
- 3 eggs, lightly beaten

Directions

Preheat oven to 350° F. Remove stems from chard and finely chop the leaves. Steam for 2 minutes, or until just wilted. Squeeze dry. Mix dry ingredients. Add butter and eggs to dry ingredients and mix well. Add chard. Shape into 1-inch balls. Bake for 20 minutes, or until lightly browned.

Yield: 4 servings



Chard Salad with Creamy Mustard Dressing

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Ingredients

- 1 bunch Swiss Chard
- 2 teaspoons Dijon mustard
- 2 teaspoons mayonnaise
- 1 teaspoon honey
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon orange zest
- Salt & pepper, to taste
- Dash of cayenne (optional)

Directions

Rinse chard in cold water and pat dry. Thinly slice the chard into ribbons, removing stem and place in large mixing bowl.

Whisk together remaining ingredients in a small bowl, and pour over chard. Toss to combine one hour before serving.

Let sit for 1 hour and eat within 8 hours of prepping.

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Cherry Recipes



Coconut Rice Pudding with Fresh Cherries

Ingredients

- 1 ¼ cup water
- 1 ½ - 2 cups lite coconut milk, divided
- 1 cup rice
- Zest and juice of 1 lemon
- ¼ cup brown sugar
- Pinch of salt
- ¾ teaspoon cinnamon
- 2 teaspoon vanilla
- 1 cup fresh cherries, pitted and chopped

Besides being delicious, cherries contain vitamins A and C, and phytochemicals that may help prevent cancer.

Directions

Combine water, coconut milk, rice, lemon zest, brown sugar and salt in a saucepan and bring to a boil. Stir the mixture and reduce heat to low. Cover and cook for about 15-20 if using white rice or 40-50 minutes for brown rice, or until the rice has absorbed the liquid. After removing the mixture from the heat, add cinnamon and vanilla and stir. Add more coconut milk until desired consistency is reached. Combine fresh cherries and lemon juice and serve with warm or chilled pudding.

Yield: 3 cups

Tip: For an added nutritional kick, use brown rice instead of white rice. Increase cooking time to 40-45 minutes, and add more water if needed.



Corn Recipes



Corn Salad

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Ingredients

- 16 ounces frozen corn or 6 ears fresh corn, kernels removed
- ½ cup finely diced red onion
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- ½ cup fresh basil, chopped
- ¼ teaspoon salt
- ½ teaspoon black pepper

Directions

Combine all ingredients except basil. Add basil just before serving. Serve cold or at room temperature.

Suggesting for add-ins: fresh cooked green beans, sliced radishes, black beans, halved cherry tomatoes.

Cilantro or parsley can be used in place of basil.

Yield: 6-8 servings

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Chipotle Summer Roasted Vegetables

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Ingredients

- 3 ears of corn, kernels cut off cob
- 2 medium zucchini, cut into thin strips
- 1 jalapeno, seeded and sliced
- 2 bell peppers, sliced
- 1 small can chipotle peppers in adobo sauce
- 3 tablespoons olive oil

Directions

Preheat oven to 400° F. In blender or food processor, puree chipotle peppers with just enough water to make a thick paste. Mix the olive oil with 1 or more tbsp. of the chipotle paste, depending on how spicy you would like it.

Toss the vegetables with the chipotle olive oil mixture. Spread in a single layer on a baking sheet. Roast until vegetables are golden brown. Serve hot or at room temperature.

Note: This recipe makes a great topping for pizza, tacos, or a fun dip for tortilla chips.

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Cucumber Recipes



Summer Cucumber Salad

Ingredients

- 2 cucumbers, peeled and chopped
- 2 cups grape tomatoes, halved
- ½ red onion, minced
- ¼ cup cilantro (optional)
- 1 avocado, diced
- 1-15 ounce can black beans
- Juice of 2 limes
- Salt and pepper to taste

Cucumbers are refreshing and versatile and add a low-calorie crunch to any summer salad or sandwich!

Directions

Chop all ingredients, except for beans, and place in a large bowl.
Drain and rinse beans and add to bowl. Pour lime juice over salad.
Add salt and pepper to taste. Serve chilled or at room temperature.

Yield: 8 cups

Tip: Add avocado to this salad right before serving. Allowing the diced avocado to sit too long may cause browning.



Greek Cucumber Salad

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Ingredients

- 2 cucumbers, peeled and diced
- 4-6 Roma tomatoes, chopped
- ½ red onion, sliced
- ¼ cup olive oil
- 1 ½ tablespoons lemon juice
- 2 teaspoons dried oregano
- ½ cup crumbled feta cheese
- Salt & pepper, to taste
- 1 small can sliced black olives

Directions

Drain and rinse olives.

In a large bowl combine cucumbers, tomatoes, olives, and onions.

In a smaller bowl, mix the olive oil, lemon juice, and dried oregano. Pour over vegetables and mix well.

Season with salt & pepper to taste

Refrigerate until ready to eat. Just before serving add feta cheese.

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Eggplant Recipes



Roasted Eggplant and Chickpea Stew

Ingredients

- 2 medium eggplants
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 teaspoon chili powder
- 2 teaspoon cumin
- ½ teaspoon cinnamon
- 2 fresh tomatoes
- 1-15 ounce can chickpeas
- 1 cup water or vegetable broth, low-sodium (preferred)
- Cilantro, chopped

Eggplant is high in fiber, low in calories, and a good source of potassium, manganese, vitamin K, vitamin B6, thiamin, niacin, magnesium, and copper.

Directions

Preheat oven to 450 °F. Cut eggplant into 1-inch pieces. Toss in 1/2 tablespoon olive oil, salt, and pepper. Place eggplant on a baking sheet and roast about 15 minutes, until soft. Remove from oven; set aside. In a large stockpot, heat ½ tablespoon olive oil over medium-high heat. Add onion, garlic, chili powder, cumin, and cinnamon. Cook about 5 minutes, until onions are soft. Add eggplant, tomatoes, chickpeas, and water or broth. Cover and simmer over medium-low heat for about 15 minutes. Top with chopped cilantro. Serve over rice or couscous.

Yield: 6 cups



Eggplant & Chickpea Salad

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Ingredients

- 3 medium eggplants, cut into 1-inch cubes
- 1 red bell pepper, sliced
- 5 tablespoons olive oil, divided
- ¼ cup lemon juice
- 1 can chickpeas, low-sodium (preferred)
- 4 ounces feta
- ¼ cup chopped fresh mint leaves
- 2 tablespoons dried oregano
- Salt & pepper to taste

Directions

Preheat oven to 475° F.

Drain and rinse chickpeas. Set aside.

Divide eggplant onto 2 rimmed baking sheets. Drizzle 3 tbsp. olive oil over eggplant and bell pepper and season with black pepper, salt, and oregano. Toss to coat.

Roast until golden & tender (25-30 min). Let cool on sheets

In a large bowl, whisk lemon juice and 2 tbsp. olive oil. Add in roasted eggplant, chickpeas, feta, and mint. Toss to combine.

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Green Bean Recipes



Raw Green Bean Salad

Ingredients

Salad

- 8 ounces raw green beans, diced in 1 centimeter coins
- 1 cup cherry tomatoes, diced
- 1 cup part-skim mozzarella, diced
- 6 basil leaves, thinly sliced
- 1 clove garlic, minced
- 1 pinch red pepper flakes
- 1 pinch salt

Dressing

- 1/4 cup white balsamic vinegar
- 2 tablespoons white wine vinegar
- 3/4 cup olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions

Make the dressing first, and reserve.

Toss the salad ingredients together with 3 tablespoons of the dressing. Let your mixture sit for 15 minutes, then toss again and serve.

Store the extra dressing (you should have extra) in a sealed glass container to use for other salads.

Green Bean Mushroom Medley

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Ingredients

- 1 ½ pounds green beans (fresh, cut into 1-in pieces)
- 2 carrots (cut into thick strips)
- 2 tablespoons olive oil
- 1 large onion, sliced
- 1 pound fresh mushrooms, sliced
- 1 teaspoon lemon pepper seasoning
- ½ tablespoon garlic salt
- ¼ cup slivered almonds (optional)

Directions

Put green beans and carrots in 1 inch of boiling water and cook until tender but still firm. Drain.

Add oil to a heated skillet. Sauté onions & mushrooms until almost tender. Reduce heat, cover, and simmer for 3 minutes.

Stir in green beans, carrots, lemon pepper, and garlic salt. Cover and cook for 5 minutes. Serve hot or refrigerate and serve cold

Yield: 3 cups (5-6 servings)

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Three Bean Salad

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Ingredients

- 1-8 ounces can lima beans, low-sodium (preferred)*
- 1 cup cut green beans
- 1-8 ounce can red kidney beans, low-sodium (preferred) *
- ½ medium onion, diced
- ½ cup chopped bell pepper
- 8 ounce Italian salad dressing, low-sodium (preferred)

*Any type of bean works well in this recipe

Directions

Drain and rinse canned beans.

In a large bowl combine lima beans, green beans, kidney beans, onions, and bell pepper

Pour Italian dressing over vegetables and toss. Cover bowl and marinate for at least an hour (can be left overnight).

Drain before serving

Yield: 4 servings

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Green Onion Recipes



Roasted Garlic Hummus

Ingredients

- 2-15 ounce cans chickpeas, low-sodium (preferred)
- 1/3 cup tahini (sesame paste)
- 1/3 cup olive oil
- 6-8 cloves garlic
- 1 teaspoon salt
- Juice of 1 lemon
- ¼ bunch parsley
- 3-4 green onions

Garlic contains phytochemicals that may have antioxidant properties and help strengthen the immune system.

Directions

Preheat oven to 350° F. To roast garlic, remove outer papery skins from garlic bulb, leaving tight skins on individual cloves intact. Cut about 1/2 inch off top of garlic bulb. Drizzle with olive oil and wrap entire bulb in foil. Roast for 25-30 minutes until cloves are soft. Allow to cool. Meanwhile, combine all ingredients, including cooled, peeled roasted garlic, in a food processor or blender. Process until smooth, adding water until desired consistency is reached.

Yield: 3 cups

Recipe adapted from Tamara Steinitz MS, RD.



Kale Recipes



Massaged Kale Salad

Ingredients

- 2 bunches of kale
- 1/2 cup Parmesan cheese
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 clove garlic, minced
- 1 teaspoon anchovy paste (optional)
- 1 tablespoon lite soy sauce
- 1/2 teaspoon black pepper

Kale is a nutritional powerhouse! It is an excellent source of vitamins A and C, as well as a good source of calcium and potassium.

Directions

Wash and dry the kale. Strip greens from stems and discard stems. Cut kale into narrow ribbons and place in a large bowl. Add remaining ingredients to the bowl. Massage the kale with hands for 1-2 minutes. The quantity of the kale should be reduced by half and the greens should be darker in color. Chill and serve.

Yield: about 12 cups

Recipe adapted from Eating Well Magazine.



Kale Chips

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Ingredients

- 1 pound kale (1-2 bunches)
- 2 tablespoons olive oil
- 1 teaspoon salt

Directions

Preheat oven to 375° F.

Rinse kale leaves and pat dry with a clean towel. Remove tough stems and tear leaves into small pieces.

Place on a baking sheet & toss with oil and salt. Spread leaves into single layer and bake in oven for 5 minutes. Flip leaves and cook for another 5 minutes

Remove from oven and let cool.

Yield: About 7-½ cup servings

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Lettuce Recipes



Romaine Greek Salad

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Ingredients

- Red leaf lettuce
- Romaine lettuce
- Diced tomatoes
- Sliced cucumbers
- Thinly sliced red onions
- Feta cheese
- Sunflower seeds
- Black olives

Vinaigrette Ingredients

- 1/3 cup sugar
- ½ cup red wine vinegar
- 1 teaspoon salt
- 1 teaspoon ground dry mustard
- 1 tablespoon grated red onion
- 1 cup olive or canola oil
- 1 teaspoon poppy seeds

Directions

Combine all salad ingredients in the proportion that you like. Whisk oil, vinegar, garlic powder, oregano, and lemon juice in a bowl to blend. Season to taste with salt and pepper. Add a little vinaigrette to salad and toss to coat.

Yield: 8-10 servings

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Mushroom Swiss Salad

Ingredients

Salad:

- 8 cups salad greens torn into pieces
- 4 cups spinach
- 8 ounces mushrooms, sliced
- 1 cup Swiss cheese, shredded
- ¼ cup red onion, finely diced
- ¼ cup sunflower seeds

Dressing:

- ¼ cup sugar
- ½ cup red wine vinegar
- 1 teaspoon salt
- 1 teaspoon ground dry mustard
- 1 tablespoon grated red onion
- 1 cup canola oil
- 1 teaspoon poppy seeds

Salad greens are a nutritional superfood. Most types of greens contain vitamins A and C, folate, fiber, and iron. The darker the green, the more vitamins and minerals it contains. Try choosing dark colored greens to increase the amount of vitamins and minerals packed into every bite!

Directions

Wash and dry salad greens and spinach. Combine them with remaining salad ingredients in a large bowl. Combine dressing ingredients and whisk together. Drizzle enough dressing to lightly coat salad.

Yield: 14 cups

Tip: To cut the bite from the diced onion, place it in a strainer and run 2 cups boiling water over it. Let onion sit for 5 minutes, then add to salad.



Melon Recipes



Cantaloupe Salsa

Ingredients

- ½ cantaloupe, diced
- 1 red bell pepper, diced
- ¼ cup cilantro, finely chopped
- 2 green onions, chopped
- 2 tablespoons lime juice

Directions

Add all ingredients to a bowl. Chill for 30 minutes. Serve with grilled chicken, fish, steaks, or tortilla chips.

Yield: 5-6 servings



Watermelon and Mint Salad

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Ingredients

- 8 cup seedless watermelon chunks (1-inch cubes)
- 1/4 cup fresh lime juice
- Pinch of cayenne pepper
- 1/2 cup mint leaves, torn
- Salt as desired

Directions

In a large bowl, toss the watermelon with the lime juice and cayenne. Fold in the mint leaves, season with salt and serve.

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Peach Recipes



Peach Fruit Crumble

Ingredients

Filling:

- 7 ½ cup sliced peaches
- 3 tablespoons sugar
- 3 tablespoons whole wheat flour
- 3 tablespoons orange juice

Topping:

- 1 ½ cup rolled oats
- ¾ cup chopped nuts (optional)
- 1/3 cup whole wheat flour
- ¾ teaspoon cinnamon
- ½ cup brown sugar
- 5 tablespoons canola oil

Peaches are a very good source of vitamin C, and a good source of fiber, vitamin A, niacin, and potassium.

Directions

Preheat oven to 400° F. Lightly oil a 9x13 pan. Combine filling ingredients in large bowl and pour into pan. In same bowl, combine topping ingredients. Pour over fruit. Bake 20-25 minutes or until bubbling and golden brown.

Yield: 1 - 9x13" pan

Tip: This recipe is also delicious with plums, apricots, berries, apples, or a combination of different fruits!



Peach Avocado Salsa

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Ingredients

- 3 fresh peaches, peeled and diced
- 1 avocado, peeled and diced
- ½ cup jicama, diced
- 2 tablespoons finely diced red onion
- 2 tomatoes, diced
- 1 tablespoon lime juice
- 1 teaspoon olive oil
- Pinch of salt

Directions

Combine all ingredients in a bowl. Cover and chill until ready to serve.

Yield: 3 cups

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Peach Muffins

Ingredients

- 1 ½ cups whole wheat flour
- 1 ½ cups all-purpose flour
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 ¼ cup vegetable oil
- 3 eggs, lightly beaten
- 1 ½ cups sugar
- 2 cup peeled, pitted, and chopped peaches

Directions

In a large bowl: Mix flour, cinnamon, baking soda, and salt. In a separate bowl, mix oil, eggs, and sugar.

Stir oil mixture into flour until moist. Fold in peaches. Spoon into greased muffin cups. Bake at 400 degrees for 25 minutes until toothpick inserted in center comes out clean.

Cool for 10 minutes

Yield: 1 dozen

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Pepper Recipes



Cilantro Yogurt Dip

Ingredients

- 1 cup plain yogurt, low-fat or nonfat (preferred)
- ½ bunch cilantro*
- 2 serrano peppers
- 4 cloves garlic
- ½ teaspoon salt
- Juice of 1 lime
- ¼ teaspoon black pepper
- Sugar to taste

This recipe is a tasty, calcium-rich alternative to a traditional sour cream dip. With all the flavor and less than half the fat, this dip is sure to be a hit at your next gathering.

**Cilantro adds a lot of flavor to this dip, but parsley or spinach make good alternatives!*

Directions

Remove the stem and seeds from the serrano pepper. (You may want to use gloves to do this to keep your fingers from getting spicy!) Place all the ingredients in a blender or food processor and blend until smooth.

Serve with fresh vegetables, pretzels, or crackers. Try thinning the dip with buttermilk to make a light and creamy salad dressing.

Yield: 1 cup



Southwestern Quinoa Salad

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Ingredients

Salad

- $\frac{3}{4}$ cup quinoa
- 1 $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon salt
- 1 red bell pepper, diced
- 1 can black beans, low-sodium (preferred)
- $\frac{1}{2}$ cup green onion, thinly sliced
- $\frac{1}{2}$ cup fresh cilantro, chopped

Dressing:

- 2 tablespoons lime juice
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ cup olive oil

Directions

Drain and rinse black beans. Set aside.

Combine quinoa, water, and salt in a medium saucepan. Bring to a boil, then reduce heat and simmer covered for 15 minutes, or until all water is absorbed.

Fluff quinoa with a fork and let it cool while you prep remaining ingredients.

Combine cooled quinoa, black beans, bell pepper, and green onion in a bowl. Combine dressing ingredient and pour over quinoa salad. Just before serving, stir in cilantro and serve.



Omlet Pepper Muffins

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Ingredients

- 1 ½ cup shredded carrots
- 1 cup diced bell pepper
- 2 tablespoons salsa
- 8 large eggs
- Salt and pepper to taste
- ¾ cup shredded cheddar cheese, low-fat (preferred)

Directions

Preheat oven to 375 F. Spray muffin tins with nonstick cooking spray.

In a large bowl, add carrots, peppers, and corn. Put 3 tablespoons of vegetables into each muffin cavity.

Whisk eggs, salt and pepper, and cheese together. Top each muffin with eggs.

Bake for 18-20 minutes.

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Potato Recipes



Roasted Potato Salad with Mustard Dressing

Ingredients

- 3 pounds small red or white potatoes, cut into 1 inch pieces
- 1 tablespoon olive oil
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 2 bacon slices (uncooked), chopped
- 2 cups Vidalia, or other sweet onion
- 2 garlic cloves, minced
- 3 tablespoons Dijon mustard
- 2 tablespoons mayonnaise, reduced-fat (preferred)
- 1 ½ tablespoons honey
- 1 ½ tablespoons apple cider vinegar
- ¼ cup chopped fresh parsley

Directions

Preheat oven to 400 degrees. Combine potatoes, oil, pepper, and salt in a large bowl; toss to coat.

Arrange potatoes in a single layer on rimmed cookie sheet. Bake for 40 minutes, or until potatoes are tender, stirring once. Transfer potatoes to a large bowl.

Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan, reserving drippings in pan. Add onions and cook 15 minutes or until golden brown and caramelized, stirring frequently. Add garlic to pan; cook 30 seconds. Add onion mixture and bacon to potatoes and toss gently. Let stand 15 minutes.

Combine mustard, mayonnaise, honey, and vinegar in a small bowl; stir with a whisk or fork. Add mustard mixture and parsley to potato mixture; toss gently.

Recipe adapted from Cooking Light



Red Potato Salad

Ingredients

- 5 pounds red potatoes, cubed (about 12 cups)
- 1 medium green bell pepper, chopped
- ½ cup red onion, minced
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons reduced-fat mayonnaise

Potatoes are rich in potassium, an important nutrient required for muscle contractions. Potassium is also important to help maintain a healthy heart.

Directions

Add potatoes to a large pot of boiling water. Cook the potatoes for about 10 minutes or until they are tender. Combine all the vegetables in a large bowl. Wisk together the wet ingredients in a small bowl. Pour the prepared mixture over the vegetables and gently toss the vegetables. Season with salt and pepper. Cover and refrigerate. Serve chilled.

Yield: 12 cups



Italian Potato Salad

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Ingredients

- 1 head broccoli, cut in bite sized pieces
- ½ pound red potatoes
- ½ cucumber, chopped
- ½ bell pepper, chopped
- ½ small red onion, diced
- ¼ cup sliced olives
- ½ cup cherry tomatoes, halved
- ½ cup cubed ham or turkey (optional)
- ½ cup Italian dressing, low-sodium (preferred)
- 2 tablespoons Parmesan cheese

Directions

Place broccoli florets into colander. Cook potatoes in a small amount of water until tender.

Pour potatoes and boiling water into colander with broccoli; drain and rinse with cold water. This will quickly blanch the broccoli.

Cut potatoes into bit-size pieced. Combine broccoli, potatoes, and remaining ingredients in a large bowl, and toss.

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Red Potato and Dill Salad

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Ingredients

- 2 ½ pounds red potatoes, cut into ¾ inch cubes
- 1 cup frozen peas, thawed
- 1 cup low-fat plain Greek yogurt
- 2 green onions, sliced
- 4 tablespoons Dijon mustard
- Salt and pepper to taste
- ½ cup fresh dill, chopped

Directions

Place potatoes in a stockpot, covered in water. Simmer on medium heat for 20 minutes or until potatoes are tender. Drain and cool.

In a large bowl combine peas, Greek yogurt, green onion, Dijon mustard, salt, pepper, and dill. Mix well

Add potatoes to yogurt and toss to coat. Refrigerate until serving.

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Roasted Sweet Potato & Kale Salad

Ingredients

Salad

- 2 medium sweet potatoes, diced
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ¼ teaspoon salt
- 1 large bunch kale, stemmed and very finely chopped (~6 cups)

Dressing:

- 2 tablespoons olive oil
- 1 tablespoon fresh orange or lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- Salt & pepper to taste

Optional Toppings :

- ¼ cup pumpkin seeds
- ¼ cup feta cheese crumbles
- ½ cup chickpeas, low-sodium (preferred)

Yield: 4 servings

Directions

Preheat oven to 375° F. Drain and rinse chickpeas. Set aside.

Place sweet potato on baking sheet, drizzle 1 Tb olive oil and maple syrup over the top, then add garlic and salt. Toss to evenly coat the sweet potatoes with oil and spices.

Roast sweet potato for 35-45 minutes, stirring halfway through. Cook until they are fork tender. Allow to cool.

Add kale into a large bowl. Prepare dressing in a small bowl: whisk together olive oil orange juice, vinegar, mustard, and syrup. Pour dressing over kale and massage kale for 3-4 minutes to remove bitterness.

Add cooked sweet potatoes to kale. Refrigerate until ready to serve. Right before serving, top with feta, pumpkin seeds, and chickpeas.



Sweet Potato Hummus

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Ingredients

- 1 can (14 ounce) garbanzo beans, low-sodium (preferred)
- 1 cup cooked sweet potato
- 2 garlic cloves
- Zest and juice from one lemon
- 6 tablespoons olive oil
- 1 ½ teaspoons salt
- ½ teaspoon pepper
- 1 ½ teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoons apple cider vinegar

Directions

Drain and rinse garbanzo beans.

Place peeled garlic cloves in food processor bowl and pulse until finely minced. Add beans and sweet potato and pulse to combine.

Add in remaining ingredients. Refrigerate until ready to eat. Serve with vegetables or whole grain pita bread.

Makes 2-3 cups

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Radish Recipes



Pasta Salad with Radish Green Pesto

Ingredients

- 1 red pepper, chopped
- 1 bunch radishes, bulbs and greens
- 2 tablespoons Parmesan cheese
- 1 clove garlic
- 2 tablespoons almonds
- 2 tablespoons olive oil
- 1 pound whole wheat pasta
- Salt and pepper to taste

Radishes are high in vitamin C, a powerful antioxidant that can help you stay healthy, create collagen (an important protein needed for building body tissues), and fight disease. Eating seven radishes provides 30% of the total amount of vitamin C needed in a day.

Directions

Preheat oven to 450° F. Cook pasta according to package directions. Toss the red peppers with olive oil and roast for 20 minutes. While the peppers are roasting, make the pesto by combining the radish greens, cheese, almonds, garlic, and olive oil in a blender or food processor. Blend until smooth. Chop the radishes into small cubes and combine with the pasta and roasted peppers. Add salt and pepper to taste. Serve at room temperature or chilled.

Yield: 7 cups

Tip: Make sure to use young, tender radish greens for this recipe. Older, tougher greens will result in a bitter pesto!



Fresh Corn and Radish Salad

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Ingredients

- 4 ears of corn, raw
- 2 green onions, chopped
- 1 jalapeño, seeded and minced
- $\frac{3}{4}$ cup radishes, thinly sliced
- 3 tablespoons fresh lime juice
- 3 tablespoons olive oil
- $\frac{1}{4}$ cup cilantro, chopped
- Salt and pepper to taste

Directions

Remove corn kernels from the cob. Mix corn, green onions, and jalapeño in medium bowl. Toss with lime juice and olive oil. Add radishes and cilantro right before serving.

Yield: 4 cups

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Radish Dip

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Ingredients

- 1-8 ounce package low-fat Neufchatel cream cheese, softened
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1 teaspoon fresh dill or ½ teaspoon dried dill
- 1 ½ cup finely chopped radishes

Directions

Combine cream cheese, lemon juice, garlic, and dill in a bowl. Stir until well combined. Add chopped radishes and mix well. Chill for 1 hour, or more.

Serve with whole grain crackers, pita chips, or fresh vegetables.

Yield: 15-16 servings

Note: You can mix all ingredients in a food processor or blender if you prefer a smoother dip.

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Spring Radish Salad

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Ingredients

- 1 bunch radishes (1 ½ cup finely chopped)
- ½ cup finely chopped parsley
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt & pepper to taste

Directions

Wash the radishes and remove the stems and long roots. Finely chop radishes into pieces. Wash and mince fresh parsley.

Combine radishes and parsley in a small bowl. Add lemon juice, salt, and pepper. Add olive oil and toss.

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Raspberry Recipes



Raw Raspberry Sorbet

Ingredients

- 2 1/2 cup (12 ounces) raspberries (fresh or frozen)
- 2 tablespoons honey or agave syrup

Directions

Combine raspberries and honey/agave in a food processor and blend on high speed until smooth. If you use frozen raspberries, you may have cold enough sorbet. Serve immediately or transfer to container and keep in the freezer.

If using fresh or thawed raspberries, pour mixture into ice cream maker, and follow manufacturer's instructions. Serve immediately or transfer to contain and keep in freezer.

Yield: 4-6 scoops



Rhubarb Recipes



Rhubarb Yogurt Parfaits

Ingredients

- 4 cups yogurt, low-fat or non-fat (preferred)
- 1 cup rhubarb sauce (recipe below)
- 1-2 cup granola (recipe to the left)

Rhubarb Sauce

- 1 cup rhubarb, chopped
- ½ cup water
- Sugar to taste

Low-fat granola

- 6 cup oats
- 1 cup nuts, chopped
- 1 cup dried fruit
- 1 cup unsweetened applesauce
- ½ cup honey
- ½ cup brown sugar
- 2 tablespoons oil
- 2 teaspoons cinnamon
- 2 teaspoons vanilla

Directions

Granola: Preheat oven to 300° F. In a large bowl combine oats, nuts, seeds, and dried fruit. In a separate bowl combine the rest of the granola ingredients. Add the wet mixture to the dry mixture and toss to coat. Pour granola onto a baking sheet. Bake for 1 hour, stirring every 20 minutes.

Sauce: Combine all ingredients in a saucepan and cook until sauce begins to thicken, about 15-20 minutes.

To assemble parfait: Layer yogurt, granola, and top with rhubarb sauce. Makes 4-6 parfaits.



Rhubarb Muffins

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 ½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ¾ cup light brown sugar
- 2 eggs, beaten
- 1 cup milk, low-fat (preferred)
- ¼ cup canola oil
- 1 teaspoon lemon juice
- 1 ½ cup finely chopped rhubarb

Directions

Preheat oven to 375° F.

Spray 18 muffin tins with nonstick cooking spray. In a mixing bowl, combine the flours, baking powder, soda, salt, and cinnamon. Set aside. In a separate bowl, beat together the brown sugar, eggs, milk, oil, and lemon juice until well combined. Add moist ingredients to dry ingredients and stir until just combined. Fold in the rhubarb. Portion into muffin cups.

Bake for 15 to 20 minutes.

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Snap Pea Recipes



Sesame Ginger Peas

Ingredients

- 1 pound snap peas or snow peas
- 1 tablespoon rice vinegar
- 1 tablespoon lite soy sauce
- 1 tablespoon canola oil
- 2 tablespoons sesame oil
- 1 teaspoon sugar
- 1 tablespoon fresh ginger, ground
- 1 clove garlic, minced
- Sesame seeds (optional)

Peas are a good source of fiber, vitamins C and K, and manganese.

Directions

Set a large pot of water over high heat and bring to a boil. Trim the ends of the peas and remove the string from the pod. Chop peas on the diagonal. In a small bowl whisk together the rice vinegar, soy sauce, sesame oil, canola oil, sugar, ginger, and garlic. Drop the chopped peas into the boiling water for 2-3 minutes. Drain and rinse under cold running water. Add the peas to the bowl of dressing and toss to combine. Top with sesame seeds, if desired. Serve immediately, or chill for later use.

Yield: 2 cups



Green Pea Avocado Spread

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Ingredients

- 2 cup green peas, fresh or frozen
- 1 small avocado, pitted and roughly chopped
- 2 1/2 tablespoon lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- Garnish options: green onion, chives, or chopped radishes

Directions

Combine green peas, avocado, lime juice, salt, and black pepper in a food processor or blender.

Process until well combined. Serve with crackers, chips, or as a vegetable dip.

Yield: 6 servings

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Spinach Recipes



Spinach White Bean Crostoni

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Ingredients

- 2 cups spinach, chopped
- 1-15 ounce can cannellini or great northern beans, low-sodium (preferred)
- 1 tablespoon olive oil
- Juice from ½ lemon
- 2 garlic cloves, minced
- 1 tablespoon fresh dill (optional)
- Salt and pepper to taste

Directions

Mix all ingredients together in a medium bowl. Serve on a sliced baguette.

Yield: 2 ½ cups

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Spinach and White Bean Soup

Ingredients

- 2 (15 ounce) cans white beans, drained and rinsed (low-sodium preferred)
- 1 large bunch spinach , rinsed, stemmed and chopped
- 1 tablespoon olive oil
- 2 cups russet potatoes, peeled and cut into 1/2-inch cubes
- 1 cup yellow onion, chopped
- 8 cups chicken or vegetable broth, low-sodium
- Salt and pepper to taste
- 1/2 teaspoon hot sauce, or to taste (Optional)

Directions

In a large stockpot, add olive oil and sauté onions until tender and translucent, about 5 minutes.

Add broth and cubed potatoes and cook until potatoes are tender, about 15-20 minutes.

Add beans and simmer 5 more minutes.

Add spinach and cook until spinach is wilted or tender.

Season with salt and pepper and hot sauce if desired.



Summer Squash Recipes



Spinach Parmesan Zucchini Noodles

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Ingredients

- 3 medium zucchini
- 2 tablespoons butter
- 2 cloves garlic, minced
- 2 cups packed spinach
- 1/4 cup freshly grated Parmesan cheese
- Salt and black pepper, to taste

Directions

To cut zucchini, place a box grater on its side, with the face you want to use (the thickest grater) facing up, and use it just like you would a mandolin. Move the zucchini along the box grater in long strokes to create zucchini noodles. Set aside.

Melt butter in large skillet over medium-high heat. Add garlic, cook for 1-2 minutes.

Add in zucchini noodles and spinach. Gently toss and cook until spinach leaves are wilted, about 2-3 minutes. Stir in Parmesan cheese and toss until zucchini noodles are coated. Season with salt and black pepper, to taste.

Remove from heat and serve.

***Note:** Don't overcook the zucchini noodles and spinach or they will get soggy.

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Baby Zucchini Salad

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Ingredients

- 5 baby zucchini, thinly sliced
- 1/2 red onion, thinly sliced
- 1 red bell pepper, diced
- 2 leaves fresh basil, minced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Directions

Toss the zucchini, onion, bell pepper, and basil together in a large bowl.

Drizzle the olive oil and balsamic vinegar over the mixture and toss again to evenly coat.

Season with salt and pepper to serve.

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Roasted Zucchini

Ingredients

- 1 pound zucchini (about 3 medium)
- Salt and pepper to taste
- ¼ cup freshly grated Asiago or Parmesan cheese
- Olive oil

Zucchini is high in vitamin C and a good source of fiber.

Directions

Preheat oven to 425° F. Cut ends off zucchini and slice into 1/4-inch thick rounds. Place on a baking sheet in a single layer and brush with olive oil. Sprinkle with salt and pepper. Roast for 10-15 minutes or until squash is tender and starting to brown. Once out of the oven, sprinkle with cheese. Allow cheese to melt. Serve immediately.

Yield: About 2 cups

Tip: Roasting vegetables is an easy way to bring out some delicious flavors. Try roasting different summer or fall vegetables together. The key to roasting different vegetables at the same time is to cut them roughly the same size so they cook at the same rate.



California Vegetable Bowl

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Ingredients

- 2 tablespoons olive oil
- 4 cups zucchini, sliced
- 1 ½ cups whole kernel corn
- ½ cup onion, chopped
- 1/3 cup red pepper, chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions

Sauté onion in olive oil until tender. Add peppers and cook until tender. Add corn and cook for 2 minutes.

Add zucchini and cook 2-3 minutes.

Season with salt and pepper.

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Marinated Zucchini Salad

Ingredients

- 4-5 small zucchini, chopped
- 1 can black olives, drained & sliced
- 1 red or green bell pepper, diced
- 1 red onion, chopped

Dressing:

- 1 cup Italian dressing, low-sodium (preferred)
- 2 tablespoons lemon juice
- ¼ cup parmesan cheese
- 1 tablespoon dried basil
- 1 teaspoon dried oregano

Directions

Steam zucchini for 3-5 minutes. Chill

Combine all salad ingredients in a large bowl.

Whisk together dressing ingredients and pour over salad. Toss to coat

Chill in fridge overnight (or 4-8 hours) before serving.



Summer Squash and Veggie Salad

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Ingredients

- 12-ounces bow tie pasta, whole grain (preferred)
- 2 medium Roma tomatoes
- 1 medium summer squash
- 1 medium zucchini
- 1 medium broccoli crown
- ½ medium red onion
- 2/3-15 ounce jar roasted red peppers
- ½ bunch parsley

Vinaigrette:

- ½ cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon minced garlic
- ¾ teaspoon salt

Yield: 8 servings

Directions

Cook pasta as directed by package. Drain in colander.

Wash vegetables and cut into bite sized pieces.

Make vinaigrette: Whisk together oil, vinegar, mustard, oregano, garlic, salt, and pepper

Combine pasta, vegetables, and vinaigrette. Stir until well coated. Refrigerate until ready to eat.



Summer Squash Salad with Lemon Citronette

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Ingredients

Salad

- ¼ cup pine nuts, slivered almonds, or sunflower seeds
- 2 pounds mixed baby zucchini and yellow squash
- ½-1 cup feta cheese, crumbled

Dressing

- ½ teaspoon finely grated lemon zest
- 1 tablespoon fresh lemon juice
- 1 large garlic clove, pressed or minced
- 1 teaspoon chopped thyme
- 1 teaspoon chopped fresh mint
- 1 teaspoon chopped parsley
- 3 tablespoons olive oil

Directions

Use a vegetable peeler to shave the squash into paper thin ribbons, starting on one side and making quarter turns until you have reached the seedy core. Spread the ribbons on a cutting board, sprinkle with salt, and let sit for 20 minutes

Make citronette: In a small bowl, whisk together the lemon zest, juice, garlic, thyme, mint, and parsley. While whisking, drizzle in the olive oil until dressing is well blended. Set aside until you're ready to serve.

Rinse squash and gently pat dry with a clean towel. Place in serving bowl. Refrigerate until ready to serve.

Right before serving, whisk the citronette. Toss the squash with feta, nuts, and citronette.



Yellow Squash Pomodoro

Ingredients

- 1-16 ounce box bow tie pasta, whole grain (preferred)
- 2 tablespoons olive oil
- 1 small onion, minced
- 3 cloves garlic, minced
- 1 yellow summer squash, diced
- 1 can diced tomatoes, low-sodium (preferred)
- 7-8 fresh basil leaves
- 1 ½ tablespoons oregano
- 1 teaspoons red wine vinegar
- Red pepper flakes

Directions

Cook pasta for 8 minutes. Drain. Cool.

Heat olive oil in skillet on medium high heat. Sauté onion and garlic for 2 minutes. Add squash and sauté for 7 minutes, until soft. Add tomatoes, basil, oregano, vinegar, and red pepper flakes.

Cook for 2 more minutes. Serve on pasta, topped with Parmesan cheese.



Tomato Recipes



Tomato Soup

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Ingredients

- 2 tablespoons olive oil
- 2 large onions, chopped
- 5 cups fresh diced tomatoes or 3 (14-ounce) cans of diced tomatoes
- 2 cups chicken or vegetable broth, low-sodium
- 1 (12-ounce) can evaporated milk
- 1 teaspoon dry basil
- Salt and pepper to taste

Directions

Heat oil in a large pot. Add onions and cook over medium-low heat until soft and translucent. Add diced tomatoes and bring to a simmer. Add chicken broth. Bring tomatoes and broth to a simmer and cook for 15 minutes. Stir in evaporated milk and basil. Puree soup to desired consistency with hand blender, food processor or blender. (Be extremely careful when blending! If using a blender or food processor – process in a small batches to avoid steam buildup and explosion. Use hot pad or folded towel to hold lid down while processing). Adjust seasoning with salt and pepper.

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Gazpacho

Ingredients

- 3 large tomatoes, peeled and quartered
- 1 green bell pepper, quartered
- 1 cucumber, peeled and sliced
- 1 cup celery, chopped
- ½ cup green onion, chopped
- 4 cups tomato juice, low-sodium (preferred)
- 2 avocados, diced
- 5 tablespoons red wine vinegar
- 4 tablespoons olive oil
- 2 teaspoons salt
- ½ teaspoons black pepper
- 1 garlic clove, chopped (or ½ teaspoon garlic powder)
- 1/8 - 1/4 teaspoon cayenne pepper, or to taste

Directions

Put all vegetables, except avocado, in a food processor and pulse to a coarse consistency. Place in a bowl and add tomato juice, vinegar, olive oil, salt, black pepper, garlic, and cayenne pepper. Chill overnight.

Add avocado just before serving.

Yield: Approximately 9 cups.

Recipe adapted from Colorado Cache



Cherry Tomato Orzo Salad

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Ingredients

- ½ cup uncooked orzo
- 2 cups cherry tomato, halved
- 1 cucumber, chopped
- 3 green onions, chopped
- ¼ cup olive oil
- ½ cup black olives, sliced
- ½ cup feta cheese, crumbled
- 1 tablespoon dried oregano
- Juice of 1 lemon

Directions

Drain and rinse olives. Set aside. Cook pasta according to package directions, drain and cool.

Toss vegetables, pasta, and feta cheese together.

In a small bowl, whisk olive oil, lemon juice, and oregano.

Pour over salad and toss to coat. Chill and serve.

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Corn, Tomato, and Zucchini Salad

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Ingredients

- 6 medium corn cobs, shucked and rinsed
- 3 medium zucchini
- 1 pint cherry tomatoes, halved
- ¼ cup fresh basil, chopped
- ½ cup Italian dressing, low-sodium (preferred)

Directions

Cut corn off the cob by placing it upright in a deep bowl and cut down the sides of the cob with a sharp knife.

Dice the zucchini into ½ inch pieces and add to corn. Combine with tomatoes, basil, and dressing.

Cover salad and refrigerate 1-4 hours until ready to serve.

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Fresh Salsa

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Ingredients

- 3-4 pounds tomatoes
- ½ red onion, peeled
- 2 or 3 small jalapeno peppers
- 1 clove garlic, minced
- Large handful of cilantro
- 1 teaspoon red wine vinegar
- Juice of 1 lime
- Salt and pepper to taste

Directions

Roughly chop tomatoes, onion, and jalapenos

Put all ingredients in a food processor and pulse until desired consistency.

Serve chilled.

Yield: 10 servings



Panzanella

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Ingredients

- 6 tomatoes, diced
- 1 loaf day old Italian bread (not French bread)
- ½ cup finely diced red onion
- 1 cucumber, peeled and diced
- 2 tablespoon olive oil
- 1 tablespoon red wine vinegar
- ½ cup fresh basil, chopped

Directions

Cut bread in 1" cubes, drizzle with olive oil, and toast in oven at 275 for 20 minutes.

Combine bread and vegetables in a large bowl.

Mix oil, vinegar, and a pinch of salt and pepper and pour over salad.

Stir in basil just before serving



Toasted Butter Basil Tomato Sauce

Ingredients

- 3 large tomatoes
- 1 clove garlic, minced
- ½ small onion, chopped
- 2 tablespoons butter, unsalted (preferred)
- ½ cup fresh basil, chopped*
- Salt and pepper to taste

**Not only do herbs add wonderful flavor to many dishes, they are virtually fat and sodium free! Try using herbs in place of salt in various recipes to reduce your sodium intake.*

Directions

In a medium sauce pan, melt butter over medium heat. Allow the butter to cook until it begins to brown. This will take a couple of minutes; be careful not to let

it burn. When brown, add onions and garlic to butter and let cook for 1 minute.

Add tomatoes, salt, and pepper ; reduce heat to low and allow to simmer for 20-25 minutes. Stir occasionally.

If you like smooth sauce, smash the cooked tomatoes with a spoon, or puree them in a blender. Add basil right before serving.

Yield: 1 ½ cups



Winter Squash Recipes



Roasted Butternut Squash Soup and Curry Condiments

For the soup:

- 3-4 pounds butternut squash, peeled and cored
- 2 yellow onions
- 2 Granny Smith apples, peeled & cored
- 3 tablespoons olive oil
- Salt & freshly ground pepper
- 2-4 cups chicken broth, low-sodium (preferred)
- ½ teaspoon curry powder

For the condiments:

Choose from below

- Scallions, white and green parts, trimmed and sliced diagonally
- Flaked sweetened coconut, lightly toasted
- Roasted, salted cashews or peanuts, lightly toasted

Directions

Preheat oven to 425 degrees F. Cut the butternut squash, onions, and apples into 1" cubes. Place them on a sheet pan and toss with olive oil, 1 tsp. salt, and ½ tsp. pepper. Divide the squash mixture between 2 sheet pans and spread it in a single layer. Roast for 35-45 minutes, until very tender.

Meanwhile, heat the chicken broth to a simmer. When the vegetables are done, puree them in batches in a food processor fitted with the steel blade or in a blender. Add some of the chicken stock and coarsely pulse. When all of the vegetables are processed, place them in a large pot and add enough broth to make a thick soup. Add the curry powder, ½ tsp. salt and ½ tsp. pepper. Taste for seasonings to be sure there's enough salt and pepper to bring out the curry flavor. Reheat and serve hot with condiments either on the side or on top of each serving.



Tomato and Feta Spaghetti Squash

Ingredients

- 1 medium spaghetti squash (about 4 pounds.)
- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 cup feta cheese, crumbled
- 2 cups tomatoes, chopped (fresh or low-sodium canned)
- ¼ cup black olives (optional)
- 2 tablespoons fresh basil, chopped

Winter squash with dark orange flesh is a very good source of vitamin A, a nutrient that is important for healthy skin and eyes.

Directions

Preheat oven to 350° F. Cut squash in half lengthwise and scoop out seeds. Place squash cut-side down on a baking sheet. Place about 1 inch of water on the baking sheet. Bake until tender, 30-35 minutes. When cool, pull fork along squash lengthwise to create “spaghetti” strands. In a sauté pan, heat olive oil over medium-high heat. Add onion and cook until soft, about 3-5 minutes. Add garlic and cook 2-3 minutes longer. Add tomatoes to pan and cook only until tomatoes are warmed through. Remove pan from heat. In a large bowl mix “spaghetti,” tomato mixture and add feta cheese, basil, and olives. Serve warm or cold.

Yield: 6 servings

Tip: Spaghetti squash is a low-calorie, high-nutrient alternative to flour-based pastas. Try substituting baked spaghetti squash in any of your favorite pasta dishes.



Acorn Squash Muffins

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 ½ teaspoon pumpkin pie spice
- 4 tablespoons unsalted butter
- ½ cup bean puree, low-sodium (preferred)
- ½ cup honey
- 2 eggs
- 1 teaspoon vanilla
- ¾ cup puree acorn squash
- ¼ cup low-fat buttermilk*
- 1 apple, peeled, cored, and chopped

Directions

In a medium mixing bowl: combine flours, baking soda, salt, and pumpkin pie spice.

In a separate bowl: cream together honey, and bean puree. Add in the eggs and mix for another 30 seconds.

Stir in the vanilla, acorn squash, and buttermilk. Do not over-mix the batter.

Slowly add the dry ingredients to the squash mixture and then fold in chopped apples. Place into a greased muffin pan and bake at 400°F for 20 minutes.

*Make your own buttermilk by mixing $\frac{1}{4}$ cup milk + $\frac{1}{4}$ teaspoon lemon juice. Let it sit for 5 minutes before adding to the recipe.



Pumpkin Fruit Dip

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Ingredients

- 1 cup pumpkin puree
- 1 cup low-fat plain Greek yogurt
- ½ cup honey
- 1 teaspoon pumpkin spice

Directions

Combine all ingredients in a large mixing bowl and whisk or blend until smooth.

Serve with apples, bananas, or any fruit of choice!

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Pumpkin Pie Bread

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Ingredients

- 1 ½ cups whole-wheat flour
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- ½ teaspoon salt
- 2 eggs
- ½ cup coconut oil, melted
- ½ cup honey
- 1 cup pumpkin puree

Directions

Preheat oven to 375°F and spray bread pan with non-stick spray.

In a large mixing bowl, whisk together eggs, oil, honey, and vanilla. Add in pumpkin and whisk until evenly combined. Add in remaining dry ingredients until combined

Pour batter into bread pan and bake for 30-40 minutes or until toothpick comes out clean.

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Raw Butternut Squash and Ginger Salad

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Ingredients

- 1 small butternut squash peeled, seeded, and grated
- 1 tablespoon olive oil
- 2 tablespoons white wine or white balsamic vinegar
- 1 tablespoon fresh ginger
- ¼ cup raisins, currants, or craisins
- Grated apple

Directions

Combine squash, raisins, oil, vinegar, and ginger in a salad bowl; sprinkle with salt and pepper.

Toss, then taste and adjust the seasoning. Cover and refrigerate.

Yield: 4 servings

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Miscellaneous Recipes



Caramel Yogurt Dip

Ingredients

- 2 tablespoons maple syrup
- 1/4 cup brown sugar
- 1/8 teaspoon salt
- 1 container of plain yogurt (5.3 ounce)
- 1 teaspoon vanilla extract

Directions

In a saucepan, combine maple syrup, brown sugar, and salt. Heat slowly, stirring continuously, until the sugar dissolves. Turn off heat and stir in the vanilla extract and yogurt. Allow to cool. Dip gets thicker in the fridge if you let it sit overnight. Store leftovers in the fridge for up to 4 days.
(If you don't have a stove, just stir all ingredients together. The cooking step just helps to dissolve the sugar more fully.)



Simple Vinaigrette Salad Dressing

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Ingredients

- 3 tablespoons oil (vegetable or olive)
- 2 tablespoons vinegar (cider, balsamic, or red wine)
- 1 teaspoon mustard (yellow, Dijon, or brown)
- 1/4 teaspoon sugar (brown sugar, white sugar, or honey)
- Seasonings to add as desired: Garlic, oregano, paprika, salt, pepper, etc.

Directions

Mix all ingredients together, whisk to combine.

Serve.

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Simple Hummus

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Ingredients

- 2 (16-ounce) cans garbanzo beans, rinsed & drained (low-sodium preferred)
- 1 clove garlic
- 2-3 tablespoons olive oil
- 1/2 teaspoon salt
- 3-4 tablespoons lemon juice (optional)
- 1/2 teaspoon cumin
- If desired, add up to 1/2 cup water for consistency

Directions

Place garbanzo beans in a blender or food processor with garlic, olive oil, lemon juice (optional) and salt. Process until smooth, adding additional water until desired texture is reached.

Serve with whole wheat crackers, pita bread, or fresh vegetables.

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