

A - MAIZE - ING RECIPES

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By: Galit Beraja



1

Asparagus



Parmesan Asparagus

Courtesy of Bee Yinn Low

<https://rasamalaysia.com/skillet-parmesan-asparagus/>

SERVINGS: 3

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- 10 oz. young asparagus, woody ends removed
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- Salt to taste
- Ground black pepper to taste
- 1/2 cup shredded parmesan cheese

Directions

1. Trim about 1/2 inch off the bottom part of the asparagus stems. Discard.
2. Heat up a skillet on medium heat and add the olive oil. Saute the garlic until it is slightly browned, then add the asparagus. Toss with a spatula to combine the asparagus well with the garlic.
3. Add salt and ground black pepper to taste, and stir to combine well with the asparagus. Add the Parmesan cheese to the top of the asparagus and immediately cover the skillet with its lid, let cook for about 1 minute, or until the cheese melts off a little bit. Dish out and serve immediately.



Creamy Lemon Chicken with Asparagus

<https://gimmedelicious.com/creamy-lemon-chicken-asparagus/>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- 4 medium chicken breasts, (boneless, skinless)
- 1 tablespoon Italian seasoning
- 1/2 tsp EACH crushed red pepper, salt, pepper
- 1 tablespoon olive oil
- 2 tablespoons butter, (divided)
- 1 pound asparagus, (trimmed and cut in 3rds)
- 1/2 cup onion, (minced)
- 3-4 cloves garlic, (minced)
- 1 cup heavy cream
- 2 tablespoons lemon juice
- 1/4 cup Parmesan cheese, (optional)

Directions

1. Season chicken with Italian seasoning, crushed chili pepper, salt & pepper. Add 1 tablespoon olive oil to a large skillet over medium heat. Add chicken to the pan and cook for 5-6 minutes per side. Remove from skillet and set aside.
2. Add butter, onion, and asparagus to the skillet and cook for 2-3 minutes, or until just tender. Add the garlic and cook for just under a minute.
3. Add heavy cream, lemon juice, and parmesan cheese; stir to combine. Return chicken to the pan and simmer 3-4 minutes or until the sauce has thickened. Taste and adjust salt & pepper if needed. If the sauce is too thick, add 1/4 cup water, chicken stock or broth.



Cod with Lemon Asparagus Skillet

Courtesy of Christina Cherrier

<https://www.eatwell101.com/garlic-butter-cod-asparagus-skillet-recipe>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 medium cod fillet, cut in 3 or 4 chunks (or halibut)
 - 2 bunches of asparagus, rinsed and trimmed
 - 1 tsp. olive oil
 - 2 tsp. minced garlic
 - 1/2 cup (125ml) vegetable broth (or white wine)
 - 1/2 stick unsalted butter
 - 1 Tbsp. hot sauce, optional
 - Juice of 1/2 lemon
 - 1 Tbsp. minced parsley (or cilantro)
 - Crushed red chili pepper flakes, optional
 - Slices of lemon, for garnish
1. Season codfish with salt and pepper. Let it rest while preparing asparagus.
 2. Blanch trimmed asparagus in boiling water for 2-3 minutes, then cool in ice water to stop cooking. Skip if the asparagus is thin. Drain and set aside.
 3. Cook seasoned fish in olive oil until golden brown on both sides. Set aside on a plate.
 4. In the same skillet, cook minced garlic, with vegetable broth (or wine). Allow it to simmer. Add butter, lemon juice, hot sauce, and parsley for a quick lemon garlic butter sauce.
 5. Add drained asparagus, toss for 2 minutes. Add codfish back to the back. Garnish with parsley, crushed chili pepper, and lemon slices. Serve immediately. Enjoy!



2

Beets



Beet Salad with Goat Cheese

Courtesy of Love & Lemons

<https://www.loveandlemons.com/beet-salad-recipe/>

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 60 MIN

Ingredients

- 4-5 medium beets
- Extra-virgin olive oil, for drizzling
- 2 cups salad greens, arugula or spring mix
- ½ shallot, thinly sliced
- ½ green apple, thinly sliced
- ¼ cup toasted walnuts
- 2 oz. goat cheese, torn
- Microgreens, optional
- Balsamic Vinaigrette
- Sea salt
- Ground black pepper

Directions

- 1.Preheat oven to 400°F.
- 2.Coat beets with olive oil, salt, and pepper. Wrap in foil and bake on a sheet for 40-90 minutes until tender. Let cool, peel, and slice.
- 3.Chill beets in the fridge until needed.
- 4.Slice beets into ¼-inch rounds.
- 5.Assemble salad with greens, shallots, apples, walnuts, cheese, and microgreens (optional). Drizzle with balsamic vinaigrette, season with salt and pepper, and serve.

*You can use any combination of ingredients for the salad! Beets pair well with citrus fruits, ricotta or goat cheese, walnuts, apples, balsamic vinegar, and more!



Beet Risotto

Courtesy of Grace Parisi

<https://www.foodandwine.com/recipes/beet-risotto>

SERVINGS: 8

PREPPING TIME: 35 MIN

COOKING TIME: 25 MIN

Ingredients

- 7 cups chicken stock or 3 1/2 cups low-sodium broth mixed with 3 1/2 cups of water
- 4 Tbsp. unsalted butter
- 1/4 cup extra-virgin olive oil
- 1 large sweet onion, finely chopped
- 2 large beets, peeled and coarsely shredded, plus thinly sliced beets for garnish
- 3 cups arborio rice (1 1/4 pounds)
- 6 oz. pecorino cheese, freshly grated (1 1/2 cups)
- 2 tsp. poppy seeds, plus more for garnish, optional

Directions

1. Simmer stock in a saucepan, keeping warm. In a cast-iron casserole, melt butter with oil. Cook onion until softened, 5 mins. Add shredded beets, cook until dry, 12 mins. Reserve half of the beets.
2. Add rice to casserole, cook for 2 mins. Add 1 cup warm stock, cook until nearly absorbed. Repeat with remaining stock until rice is al dente and a thick sauce forms, 22 mins. Stir in reserved beets, cheese, and poppy seeds. Cook until heated through, adding water if needed. Serve garnished with sliced beets and poppy seeds.



Roasted Salmon and Beets

Courtesy of Delish

<https://www.delish.com/cooking/recipe-ideas/recipes/a41755/roasted-salmon-beets-herb-vinaigrette-recipe-ghk0415/>

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 1 lb. medium beets, preferably golden, scrubbed and very thinly sliced lengthwise
- 6 Tbsp. extra virgin olive oil
- 1 1/2 lb. skinless salmon fillet, in 1 piece (from wide end)
- 1 Tbsp. finely chopped fresh chives
- 1 Tbsp. finely chopped fresh flat-leaf parsley
- 1 Tbsp. finely chopped fresh tarragon, optional
- 3 Tbsp. finely chopped shallots
- 1 Tbsp. finely grated lemon peel, optional
- 1/4 cups lemon juice
- 4 cups mixed baby greens

Directions

- 1.Preheat oven to 450°F.
- 2.Toss beets with 1 1/2 tablespoons oil, salt, and pepper on a rimmed baking sheet. Roast for about 20 minutes until crisp-tender.
- 3.Place salmon on top of roasted beets. Brush with 1/2 tablespoon oil, season with salt, pepper, and sprinkle with chives, parsley, and tarragon (reserve 1 tablespoon of herbs).
- 4.Roast salmon for about 15 minutes until medium-rare.
- 5.Whisk shallots, lemon peel and juice, and 4 tablespoons oil into reserved herbs for dressing. Season to taste.
- 6.Toss greens with 2 tablespoons of dressing. Drizzle remaining dressing over salmon and beets. Serve greens alongside.



3

Broccoli & Cauliflower



Broccoli Salad

Courtesy of Paula Deen

<https://insanelygoodrecipes.com/paula-deens-broccoli-salad/>

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 head broccoli
- 1/4 cup sugar
- 1/2 cup halved cherry tomatoes (or grapes cut in half)
- 2 Tbsp. white vinegar
- 8 oz. sharp cheddar cheese (cut into very small chunks)
- 1 cup mayonnaise
- 1/2 cup raisins (optional)
- 1/2 cup red onion (chopped)
- 6 to 8 slices cooked bacon (crumbled)

Directions

1. Start by prepping the head of broccoli. Trim off the large leaves and cut out the tough stalks of the broccoli. Rinse the vegetable well. Slice the broccoli florets and stems into small bite-sized pieces.
2. Transfer the broccoli pieces into a large bowl. Add bacon, sharp cheddar cheese, onion, and raisins and mix well.
3. In a separate bowl, combine sugar, cherry tomatoes (or grapes), white vinegar, and mayonnaise. Mix well until combined.
4. Pour the dressing over the broccoli mixture and coat evenly.



Easy Beef and Broccoli

Courtesy of Kelly Senyei

<https://www.justataste.com/easy-beef-and-broccoli-recipe/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 3 Tbsp. cornstarch, divided
- 1 lb. flank steak, cut into thin 1-inch pieces
- 1/2 cup soy sauce
- 3 Tbsp. packed light brown sugar
- 1 Tbsp. minced garlic
- 2 tsp. grated fresh ginger
- 2 Tbsp. vegetable oil, divided
- 4 cups small broccoli florets
- 1/2 cup sliced white onions

Directions

1. In a large bowl, combine beef with a mixture of 2 tablespoons cornstarch and 3 tablespoons water.
2. In a separate bowl, whisk together soy sauce, brown sugar, garlic, ginger, and 1 tablespoon cornstarch for sauce.
3. Heat 1 tablespoon vegetable oil in a large sauté pan. Cook beef until almost done, then set aside.
4. Add remaining oil to pan, cook broccoli and onions until tender, about 4 minutes.
5. Return beef to pan, add sauce. Bring to a boil, cook for 1 minute until sauce thickens. Serve with rice or noodles.



Broccoli Cheese Soup

Courtesy of Ree Drummond

<https://www.foodnetwork.com/recipes/ree-drummond/broccoli-cheese-soup-recipe-2048976>

SERVINGS: 10

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

Ingredients

- 4 heads broccoli, cut into 1-inch pieces
- Olive oil, for drizzling
- Salt and freshly ground black pepper
- 1 stick (4 oz.) unsalted butter
- 1 whole onion, diced
- 1/3 cup all-purpose flour
- 4 cups whole milk
- 2 cups half-and-half
- Pinch nutmeg
- 3 cups grated cheese (mild Cheddar, sharp Cheddar, Jack, etc.), plus more for garnish.
- 1 cup chicken broth, optional

Directions

1. Preheat oven to 375°F.
2. Toss 2 cups of broccoli florets with olive oil, salt, and pepper. Roast on a baking sheet until crisp and browned.
3. In a pot, melt butter, cook onions until soft. Add flour, cook until absorbed. Pour in milk, half-and-half, nutmeg, broccoli, salt, and pepper. Simmer covered until broccoli is tender, about 20-30 minutes. Stir in cheese until melted.
4. Season to taste. Serve as is, mashed, or pureed in batches. Reheat if needed, thin with chicken broth if desired. Garnish with toasted broccoli or cheese.



Art Smith's Garlic Mashed Cauliflower

Courtesy of Trisha Yearwood

<https://www.foodnetwork.com/recipes/trisha-yearwood/art-smiths-garlic-mashed-cauliflower-2282175>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 1 medium head of cauliflower, chopped
- Kosher salt
- 1/4 cup chicken stock
- 2 Tbsp. grated Italian cheese, such as Parmesan
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. nonfat Greek yogurt
- 1 clove garlic, smashed and chopped
- Freshly ground black pepper
- Fresh rosemary, chopped, for garnish

Directions

1. Add the cauliflower and a pinch of salt to a boiling pot of water and cook until cooked through and very tender, about 10 minutes.
2. Drain well and pat dry with paper towels. Add the hot cauliflower to a food processor with the chicken stock, cheese, olive oil, yogurt and garlic and process until smooth, or mash with a potato masher. Stir in a pinch of salt and pepper and the chopped rosemary, and serve immediately.



Spicy Cauliflower Wings

Courtesy of Khalil Hymore

<https://www.foodnetwork.com/recipes/spicy-cauliflower-wings-12138033>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

Ingredients

- 1 1/2 cups whole milk
- 3 large eggs
- 4-6 tsp. Louisiana-style hot sauce, plus more for serving
- 2 cups all-purpose flour
- Kosher salt and freshly ground black pepper
- 1 stick unsalted butter, melted
- 4 tsp. packed dark brown sugar
- 2 Tbsp. cayenne pepper
- 1 Tbsp. paprika
- 1/2 tsp. garlic powder
- Vegetable oil, for deep-frying
- 1 head cauliflower, cut into 2-3 inch florets
- Sliced pickles, for serving
- Hot honey, for serving

Directions

1. Preheat oven to 250°F and place a rack on a rimmed baking sheet inside. Whisk milk, eggs, and hot sauce in one bowl. Combine flour, salt, and pepper in another bowl. In a separate bowl, mix melted butter, brown sugar, cayenne, paprika, garlic powder, and 1 tsp each of salt and pepper.
2. Fill a saucepan halfway with vegetable oil and heat to 350°F. Working in batches, coat cauliflower florets in flour mixture, dip in milk mixture, then coat again in flour mixture. Fry until golden brown, about 6-8 minutes. Transfer to baking sheet in oven.
3. After frying all cauliflower, ladle 1 cup of frying oil into spiced butter mixture and stir. Working in batches, coat fried cauliflower in spiced oil, then transfer to a platter. Drizzle with additional spiced oil. Serve with pickles, hot honey, and extra hot sauce.



Cauliflower Tikka Masala

Courtesy of Ash

<https://confessionsofagroceryaddict.com/cauliflower-tikka-masala/#recipe>

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- 1 head Cauliflower cut into florets
- 1 large Red Onion cut into vertical slices
- 2 tablespoon Olive Oil
- 2 teaspoon Garam Masala
- 2 teaspoon Ground Coriander
- 2 teaspoon Chili Powder
- 2 teaspoon Turmeric
- 2 teaspoon Kosher Salt
- 1 jar Tikka Masala Simmer Sauce
- ½ C Coconut Milk or cream or half and half

Directions

- 1.Preheat oven to 450F. Line sheet pan with parchment (optional).
- 2.Toss cauliflower and onion with oil, salt and spices. Roast for about 20 minutes, until vegetables are beginning to char and are fork tender. Remove from oven.
- 3.Switch oven to broil.
- 4.Push vegetables to periphery of pan. Add simmer sauce and coconut milk or cream. Stir to evenly coat vegetables. Return pan to oven for 2-5 minutes, until sauce is warmed and slightly thickened.
- 5.Serve over rice or cauliflower rice and garnish with yogurt and cilantro. Enjoy!

Tips:

- Use parchment paper (or foil) for easy clean up
- Roast vegetables in a single layer for better air flow
- Garnish with plain yogurt and cilantro
- Serve over rice or cauliflower rice
- Can be refrigerated for up to 5 days



Assorted Roasted Vegetables

By: a couple cooks

<https://www.acouplecooks.com/best-roasted-vegetables/>

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 1 medium head cauliflower (2 pounds)
- 1 crown broccoli (1/2 crown)
- 1 medium red onion
- 2 medium sweet potatoes (1 1/2 pounds)
- 1 red pepper
- 1 yellow pepper
- 4 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons Old Bay seasoning*
- 1 teaspoon kosher salt

Directions

1. Preheat oven to 450°F and adjust racks for roasting 2 trays.
2. Chop cauliflower, broccoli, onion, sweet potato, and peppers.
3. Line two baking sheets with parchment paper. Spread vegetables evenly on each sheet. Drizzle half of the olive oil and seasonings on each tray. Mix with hands to coat.
4. Bake for 20 minutes without stirring. Rotate pans and bake for another 10 minutes until tender and lightly browned. Serve immediately.

NOTE: Old Bay seasoning can be substituted with any seasoning of your choice. You may also use just one vegetable, or a combination of your favorite vegetables. Feel free to customize the amounts, too!



4

Brussel Sprouts



Garlic Parmesan Roasted Brussels Sprouts

By: Christina Cherrier

<https://www.eatwell101.com/parmesan-roasted-brussels-sprouts>

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 25 MIN

Ingredients

- 16 oz (450g) Brussels sprouts, rinsed
- 3 tablespoons olive oil (or melted butter)
- 1/2 teaspoon kosher salt and freshly cracked black pepper
- 1 teaspoon Italian seasoning
- 3 garlic cloves, minced
- 1/2 cup grated Parmesan cheese, or to taste

Directions

1. Preheat oven to 400°F (200°C) and prepare a large baking sheet, optionally lined with parchment paper.
2. Trim and halve Brussels sprouts. Pat dry and place in a bowl. Toss with olive oil, Italian seasoning, garlic, Parmesan, salt, and pepper.
3. Spread Brussels sprouts on baking sheet in a single layer. Bake for 25-30 minutes until golden brown.
4. Transfer to serving bowl, sprinkle with fresh chopped parsley if desired, and enjoy!



Shaved Brussels Sprouts Salad

By: Natasha Kravchuk

<https://natashaskitchen.com/shaved-brussels-sprout-salad/>

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- 4 cups brussels sprouts, shaved (from 1 lb) or buy pre-shaved
- 1 medium honeycrisp apple, chopped (or any crisp apple)
- 1/2 cup dried cranberries
- 1/3 cup Parmesan cheese, shredded or shaved
- 1/3 cup sunflower seeds, toasted, (or pine nuts)
- 1/3 cup chives, chopped

Directions

1. Rinse and pat dry brussels sprouts. Trim off the stems and remove and discard any dry or wilted leaves. Shave brussels sprouts with your desired method or slice thinly. Place them in a large bowl.
2. Top the shaved Brussels sprouts with chopped apple, cranberries, parmesan cheese, sunflower seeds, and chives.
3. In a separate bowl, whisk together the dressing ingredients: olive oil, lemon juice, dijon mustard, salt, and pepper.
4. Just before serving, pour the dressing over the salad and toss to combine



Brussels Sprout Beef Stir Fry

By: Tanya Schroeder

<https://www.lemonsforlulu.com/beef-brussels-sprouts-stir-fry/>

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 lb flank steak
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons peanut oil
- 1/2 cup beef broth
- 1 tablespoon brown sugar
- 2 tablespoons soy sauce
- 2 teaspoons lime juice
- 1/2 teaspoon cornstarch
- 1 lb Brussels sprouts trimmed and halved
- 1 tablespoon grated ginger
- 2 cloves garlic, minced
- Hot cooked rice

Directions

1. Thinly slice steak against the grain and season with salt and pepper.
2. Heat a large skillet and add one tablespoon of oil. Cook steak in batches over high heat for 2-3 minutes until no longer pink. Transfer to a plate and set aside. Wipe skillet clean.
3. Add remaining oil to skillet and stir-fry Brussels sprouts for 2-3 minutes until lightly browned.
4. Add ginger and garlic, stirring for 1 minute.
5. In a small bowl, combine broth, sugar, soy sauce, lime juice, and cornstarch. Whisk until smooth.
6. Pour liquid into skillet with Brussels sprouts and bring to a boil. Cook until sprouts are tender, about 4 minutes. Stir in cooked steak.
7. Serve over rice.

The image is a vertical collage. The top half is filled with numerous green cabbages, showing their characteristic layered, ruffled leaves. The bottom half is filled with numerous purple cabbages, also showing their layered leaves. In the center, there is a semi-transparent white rectangular box. Overlapping the top edge of this box is a purple circle containing the number '5'.

5

Cabbage



Cabbage Cole Slaw

Courtesy of Alexandra Utter

<https://www.liveeatlearn.com/easy-pickled-red-cabbage/>

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/4 green cabbage, thinly sliced (about 2 cups)
- 1/4 red cabbage, thinly sliced (about 2 cups)
- 1/2 cup cilantro leaves and tender stems, roughly chopped
- 2 Tbsp. lime juice (from 1 lime)
- 2 tsp. honey
- 1/4 cup sour cream
- Kosher salt

Directions

1. Thinly slice the green and red cabbage.
2. Toss together the green cabbage, red cabbage, cilantro, lime juice, honey, sour cream and 1/2 teaspoon salt in a large bowl. Serve as a side or on tacos.



Pickled Red Cabbage

By: Sarah Bond

<https://www.liveeatlearn.com/easy-pickled-red-cabbage/>

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- $\frac{1}{4}$ of a red cabbage
- $\frac{1}{2}$ cup apple cider vinegar or red wine vinegar 120 mL
- $\frac{1}{2}$ cup water 120 mL
- 1 Tbsp sugar
- 1 clove garlic minced
- 1 tsp salt
- $\frac{1}{4}$ tsp ground black pepper

Directions

- 1.Cut: Remove the core from the cabbage then shred with a mandolin slicer or knife
- 2.Assemble: Add cabbage to a large glass jar or bowl, along with all other ingredients. Seal jar and shake, or simply stir bowl and cover.
- 3.Pickle: Set on the counter for at least 2 hours (up to 6), shaking/stirring occasionally. Store tightly sealed in the refrigerator for 2 to 3 weeks. Serve over salads, wraps, tacos, or burgers!



Cabbage and Sausage

By: Brandi Crawford

<https://blackpeoplesrecipes.com/cabbage-and-sausage/>

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

Ingredients

- 2-3 pounds head fresh cabbage You may need 2 heads depending on the size.
- 2 tablespoons unsalted butter
- 6-7 ounces smoked sausage Sliced into rounds 1/2-1 inch thick.
- 2 garlic cloves Minced.
- 1 1/2 cups broth Any broth
- salt and pepper to taste

Directions

1. Halve the cabbage, remove the core, then slice each half into smaller chunks and further into strips.
2. Heat a large pot over medium-high heat.
3. Cook sausage rounds in butter for 3-4 minutes until both sides are cooked.
4. Stir in garlic.
5. Add sliced cabbage and broth; cabbage will wilt.
6. Cover and simmer on low for 15-30 minutes, depending on desired tenderness.
7. Check frequently and adjust cooking time accordingly.
8. Season with salt and pepper to taste. Adjust seasoning as needed.



Cabbage Soup

By: Lisa Bryan

<https://downshiftology.com/recipes/cabbage-soup/>

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- ¼ of red or green cabbage
- 1 medium onion, diced
- 2 carrots, sliced
- 2-3 stalks celery, sliced
- ½ cup apple cider vinegar or red wine vinegar 120 mL
- ½ cup water 120 mL
- 1 Tbsp sugar
- 1 clove garlic minced
- 1 tsp salt
- ¼ tsp ground black pepper

Directions

- 1.Heat the oil in a large pot over medium-high heat, and add the diced onions, carrot, and celery. Cook for 4-5 minutes.
- 2.Add the minced garlic and spices and stir for another minute.
- 3.Add the cabbage and let it sweat for 5 minutes, stirring frequently.
- 4.Pour in the vegetable broth and diced tomatoes and let it simmer uncovered for 10 minutes, or until the vegetables are softened to your liking.
- 5.Remove the cabbage soup from the heat and add the lemon juice, parsley, and cracked black pepper. Give it another stir, then serve.



6

Eggplant



Eggplant Lasagna

By: Lena Abraham

<https://www.allrecipes.com/recipe/230103/buttery-garlic-green-beans/>

SERVINGS: 4

PREPPING TIME: 25 MIN

COOKING TIME: 1 HR 40

MIN

Ingredients

- medium eggplants,
- kosher salt
- 1 tbsp.
- extra-virgin olive oil
- 3 cloves garlic, minced
- 1 yellow onion
- 2 tsp. dried oregano
- Freshly ground black pepper
- 1 25-oz. jar marinara
- 1 16 oz. whole milk ricotta
- 1/2 c. freshly grated Parmesan
- 1large egg
- 1/4 c. chopped fresh parsley,
plus more for garnish
- 4 c. shredded mozzarella

Directions

- 1.Preheat oven to 400°F.
- 2.Slice eggplants thinly, about 1/4" thick. Season with salt, let sit for 20 minutes, then pat dry.
- 3.Sauté garlic, onions, and oregano in oil until onions are translucent. Add marinara and heat through.
- 4.Mix ricotta, Parmesan, egg, and parsley in a bowl.
- 5.In a 9"x13" casserole dish, layer marinara, eggplant, ricotta mixture, and mozzarella. Repeat layers, topping with marinara, mozzarella, and Parmesan.
- 6.Cover with foil and bake for 35 minutes. Optionally, broil until golden for 1-2 minutes. Let cool, garnish with parsley, and serve.



Sauteed Eggplant

By: Joe Duff

<https://www.thedietchefs.com/sauteed-eggplant-recipe/>

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 1 Eggplant
- 1 tbsp. Sesame Oil
- 3 tbsp. Soy Sauce
- 2 tbsp. Honey
- 1 tbsp. Lemon Juice
- 2 tbsp. Green Onions, chopped

Directions

1. Cut the eggplant into cubes.
2. Preheat a pan or a wok over medium heat and add the sesame oil.
3. Mix the soy sauce, honey, and lemon juice.
4. Add the eggplant to the skillet and cook until it's golden brown on every side.
5. Add the sauce, let it soak, and combine for a couple of minutes.
6. Serve with green onions.



Farfalle with Eggplant Yogurt Sauce

<https://www.foodnetwork.com/recipes/food-network-kitchen/farfalle-with-eggplant-yogurt-sauce-5482088>

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

Ingredients

- Kosher salt and finely ground black pepper
- 1 large eggplant (about 1 1/4 pounds), cut into 1/2-inch pieces
- 1/3 cup extra-virgin olive oil
- 2 cups cherry tomatoes, quartered
- 1 anchovy fillet
- 1 garlic clove
- 1 cup Greek yogurt
- 1/4 cup chopped fresh dill, plus whole fronds for garnish
- 1 pound farfalle
- 1/4 cup torn fresh basil leaves

Directions

1. Preheat oven to 450°F and bring a large pot of salted water to a boil.
2. Toss eggplant with oil, salt, and pepper on a baking sheet. Roast until browned and tender, about 25 minutes. Add tomatoes and roast until bursting, 5-10 minutes more.
3. Mash anchovy and garlic with salt, then whisk in yogurt, dill, salt, and pepper.
4. Cook pasta according to package directions. Reserve 1 1/2 cups of pasta water, then drain. Add pasta, 1 cup of cooking water, and yogurt sauce. Toss to combine, thinning with more water if needed. Season with salt and pepper. Serve topped with roasted vegetables, basil, and dill fronds.



7

Green Beans



Buttery Garlic Green Beans

By: LookWhatsCooking

<https://www.allrecipes.com/recipe/230103/buttery-garlic-green-beans/>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 1 pound fresh green beans, trimmed and snapped in half
- 3 tablespoons butter
- 3 cloves garlic, minced
- $\frac{1}{8}$ teaspoon lemon-pepper seasoning, or more to taste
- salt to taste

Directions

1. Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans just start to soften, 3 to 5 minutes.
2. Drain and return to the skillet. Add butter and stir until melted, 1 to 2 minutes.
3. Add garlic; cook until tender and fragrant, 1 to 2 minutes.
4. Season with lemon-pepper seasoning and salt before serving.



One Pan Fish Stew with Green Beans

<https://diet.mayoclinic.org/us/motivational-tips/recipe-collections/one-pan-meals/one-pan-fish-stew-with-green-beans-cherry-tomatoes/>

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 12 MIN

Ingredients

- Whitefish, raw, 6 oz(s), skinless and boneless
- Black pepper, 1 dash(es)
- Extra virgin olive oil, 2 tsp(s)
- Garlic, 1 clove(s), crushed
- Leek, 1 leek(s), thinly sliced
- Green hot chili pepper, raw, ½ pepper(s), thinly sliced
- Tomatoes, canned, 1 can(s), cherry tomatoes
- Green beans, 4½ oz(s), topped, halved
- Asparagus, 1 bunch(es), trimmed, halved
- Baby spinach, 2 handful(s)
- Capers, 2 tsp(s), drained, drained
- Lemon, 1 medium, wedges, to serve (optional)

Directions

1. Cut fish into 1.5-inch chunks and season. Heat non-stick skillet over medium-high heat. Add 1 teaspoon olive oil, then fish. Cook 1 minute per side until lightly browned. Remove to plate.
2. Add remaining oil to skillet with garlic, leek, and chili. Sauté for 2 minutes until leek is soft. Add tomatoes and ¼ cup water, simmer gently. Return fish to skillet, add green beans and asparagus. Cover and simmer for 2 to 3 minutes until fish is cooked through. Remove from heat, stir in spinach, and sprinkle with capers. Serve with lemon.
3. Tips: Fish stew keeps well for 1 to 2 days in airtight container in fridge. Reheat slowly, covered, over medium to low heat.



Green Bean Casserole

<https://www.everydayhealth.com/healthy-recipes/how-to-cook-with-green-beans-a-step-by-step-guide/>

SERVINGS: 10

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 1 sweet onion, cut into rings
- ¼ cup extra-virgin olive oil, divided
- ½ cup all-purpose flour, divided
- ⅔ cup panko breadcrumbs
- 1 tsp garlic powder
- 2 lbs fresh green beans, tough ends removed
- 3 cloves garlic, minced
- 2 cups low-sodium vegetable broth
- 1 cup low-fat (1 percent) milk
- ⅔ cup low-fat plain Greek yogurt
- ¼ cup grated Parmesan cheese
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh thyme
- ½ tsp kosher salt
- ¼ tsp freshly-ground black pepper
- ⅛ tsp ground nutmeg (optional)

Directions

1. Preheat oven to 375°F and line 2 baking sheets with parchment paper.
2. Toss onions with olive oil, flour, breadcrumbs, and garlic powder; bake until golden. Toss green beans with olive oil; bake until tender-crisp.
3. In a skillet, whisk olive oil and flour, add garlic, then slowly whisk in broth until thickened.
4. Remove from heat, stir in milk, yogurt, cheese, parsley, thyme, salt, pepper, and nutmeg.
5. Place green beans in a baking dish, top with sauce, sprinkle with onion mixture, and bake until bubbly and lightly browned.



8

Kale



Kale & Quinoa Salad

By: Nicole Rufus

<https://www.thekitchn.com/kale-quinoa-salad-recipe-23214764#post-recipe-297990166>

SERVINGS: 6-8

PREPPING TIME: 30 MIN

COOKING TIME: 35-40 MIN

Ingredients

- FOR THE SALAD:
- 1 medium butternut squash
- 2 large sweet potatoes
- 4 tablespoons plus 1 teaspoon olive oil, divided
- 2 teaspoons kosher salt, divided
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 1/2 cup quinoa, any color
- 1 cup water
- 1 large bunch curly kale
- 2 large Honeycrisp apples
- feta cheese

Directions

1. Preheat oven to 400°F.
2. Dice butternut squash and sweet potatoes, toss with olive oil, salt, and pepper, and roast for 35-40 minutes.
3. Cook quinoa, prepare kale, and make dressing. Rinse quinoa, toast, then simmer until tender. Massage kale with olive oil and salt until tender.
4. Make dressing by whisking tahini, lemon juice, water, olive oil, maple syrup, salt, chili powder, and pepper.
5. To serve, combine diced apples, cooled quinoa, roasted veggies, and crumbled feta with kale. Pour dressing over salad, toss gently, and adjust seasoning.



Kale Smoothie

<https://www.loveandlemons.com/kale-smoothie/>

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 cup almond milk
- 1 medium frozen banana
- 2 kale leaves, stems removed
- 2 to 3 small ripe peaches, frozen, or 1/2 to 1 cup diced mango, frozen
- 1/2 teaspoon grated ginger
- 1/2 teaspoon matcha, optional
- Handful of ice

Directions

1. In a high-speed blender, combine the almond milk, banana, kale, peaches, ginger, and matcha, if using.
2. Blend until creamy. Add a handful of ice and blend again.



Chicken and Kale Sauté

By: Sheela Prakash

<https://www.thekitchn.com/kale-quinoa-salad-recipe-23214764#post-recipe-297990166>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 2 tablespoons olive oil
- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1/2-inch-thick strips
- Kosher salt
- Freshly ground black pepper
- medium yellow onion, diced
- 3 cloves garlic, minced
- Pinch red pepper flakes
- Kale bunch (about 12 ounces), stems removed, and leaves coarsely chopped
- 1/2 cup dry white wine
- 1/2 cup grated Parmesan cheese
- 1 tablespoon freshly squeezed lemon juice

Directions

1. Heat the oil in a large skillet over medium heat until shimmering. Add the chicken, season with salt and pepper, and sauté until cooked through, 5 to 7 minutes. Transfer the chicken to a plate and cover to keep warm.
2. Add the onion, garlic, and pepper flakes to the skillet. Sauté until the onions are starting to soften, about 2 minutes. Stir in the kale, wine, and a pinch of salt. Cover and cook for about 5 minutes, stirring occasionally, until the kale is just tender.
3. Return the chicken and any accumulated juices to the skillet. Add the Parmesan and lemon juice and stir to combine. Taste and season with more salt and pepper as needed.

A close-up photograph of several purple kohlrabi tubers. The tubers have a rounded, bulbous shape with a central stem hole. The skin is a deep purple color with some lighter, yellowish-green areas near the stem. The background is dark and out of focus.

9

A photograph of white kohlrabi tubers. The tubers are elongated and have a bulbous base. They are surrounded by green, leafy foliage. A red string is tied around the stems of one of the tubers. The background is dark and out of focus.

Kohlrabi



Roasted Kohlrabi

By: WSBlends

<https://www.loveandlemons.com/kale-smoothie/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 4 kohlrabi bulbs, peeled
- 1 tablespoon olive oil
- 1 clove garlic, minced
- salt and pepper to taste
- ½ cup grated Parmesan cheese

Directions

- 1.Preheat the oven to 450 degrees F (230 degrees C).
- 2.Cut kohlrabi into 1/4-inch thick slices, then cut each of the slices in half.
- 3.Combine olive oil, garlic, salt, and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat.
- 4.Spread kohlrabi in a single layer on a baking sheet.
- 5.Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly.
- 6.Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.



Beef and Kohlrabi Salad

By: Justin Paruszkiewicz
<https://www.homechef.com/meals/beef-kohlrabi-salad>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

Ingredients

- 2 Sirloin Steaks
- 1 Lime
- 2 oz. Carrots
- 1 Shallot
- 1½ oz. Roasted Peanuts
- 1 Red Fresno Chile
- 1 fl. oz. Fish Sauce
- 1 fl. oz. Toasted Sesame Oil
- 5 Cilantro Sprigs
- 3 Garlic Cloves
- 2 tsp Sugar
- 1 Kohlrabi
- 5 Mint Stems

Directions

1. Peel the kohlrabi by cutting off the stems and greens. Hold the vegetable firmly and use a knife to slice off the skin, working from top to bottom.
2. Prepare the vegetables: chop garlic, shallot, mint, and coriander. Slice lime in half and red chili into thin circles. Cut kohlrabi into ¼ inch slices, then julienne into matchsticks.
3. Mix salad: In a large bowl, whisk together sesame oil, fish sauce, lime juice, sugar, and garlic. Add kohlrabi, red chili, mint, and cilantro. Season with salt, mix well, and refrigerate.
4. Cook steak: Slice steak thinly against the grain. Heat oil in a large pan over medium-high heat. Sauté shallot until translucent, then add beef and cook until golden brown, about 4-5 minutes. Stir occasionally.



Kohlrabi Soup

By: Monika

<https://www.homechef.com/meals/beef-kohlrabi-salad>

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 3C5 MIN

Ingredients

- 1 kohlrabi peeled, cubed,
- 1 medium onion finely chopped
- 1 medium carrot peeled, cubed
- 2 medium potatoes peeled, cubed
- 2 tablespoons parsley and dill each, finely chopped
- 4¼ cups (1 l) vegetable stock hot
- 1 tablespoon oil and butter each
- Sea salt and pepper to taste
- 1 tablespoon corn starch/UK cornflour

Directions

1. Peel kohlrabi, chop leaves (discard stems), and cube along with carrot and potatoes.
2. Heat 1 tablespoon oil in a large pot. Cook onion for 3 minutes until softened. Add vegetables and parsley, cook for a few minutes, stirring often.
3. Add vegetable stock, pepper to taste, cover, and bring to a boil. Reduce heat and simmer for about 30 minutes until vegetables are tender, stirring occasionally.
4. Stir in chopped dill and cook for 3 more minutes. Optionally, thicken soup by dissolving corn starch in 2 tablespoons hot water, adding to soup, and cooking for 3 minutes.
5. Remove from heat, adjust seasoning, stir in 1 tablespoon butter, and serve as is or with yogurt/sour cream.



10

Mushroom

S



Mixed Vegetable Stir Fry

By: Fork in the Kitchen

<https://www.forkinthekitchen.com/vegetable-stir-fry/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

Stir Fry Vegetables

- 1 tbsp. neutral oil
- ½ cup yellow onion, thinly sliced
- 8 oz mushrooms, sliced
- ½ cup carrots, sliced
- 8 oz snow or snap peas
- 1 cup broccoli florets
- 1 red/yellow bell pepper, thinly sliced
- 2 cloves garlic, sliced or minced
- 1 teaspoon ginger, sliced, minced, or grated

Stir Fry Sauce (optional)

- ½ cup soy sauce,
- ½ cup veggie stock or water
- 1 tsp. sesame oil
- 1/2 tsp. rice vinegar
- 2 cloves garlic, minced or paste
- 1-2 tsp. ginger, grated, minced, or paste
- 1 tbsp. sugar
- 1 tbsp. cornstarch
- Pinch red pepper flakes

Directions

- 1.If making the sauce, whisk together the stir fry sauce ingredients and set aside.
- 2.In a wok or large saute pan, heat oil over medium-high heat. Add the sliced onion and mushrooms. Let cook for 2-3 minutes.
- 3.Add carrots, sugar snap peas (wait if using snow peas), and broccoli. Cook for 2 minutes.
- 4.Add bell pepper, garlic, and ginger (snow peas here, if using instead of snap peas). Cook for 1-2 minutes, then stir in the sauce and allow it to simmer until thick and the vegetables are tender, about 2-3 minutes. If not making the sauce, you can season to taste with soy sauce.
- 5.Serve over rice or noodles. Garnish with green onions, cilantro, bean sprouts, a squeeze of lime, or sesame seeds as desired. You can also add your favorite protein, like chicken or beef

NOTE: You can use a bag of frozen stir fry vegetables, rather than fresh vegetables, for a similar result!



Miso and Shiitake Mushroom Tofu

By: Todd Porter

<https://www.forkinthekitchen.com/vegetable-stir-fry/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- One 14 ounce (396g) package firm tofu, drained and rinsed
- 3 tablespoons grapeseed or canola oil (or other high flashpoint oil), divided
- 3 tablespoons sliced shallots
- 1/2 pound shiitake mushrooms, sliced
- 1 tablespoon miso paste
- 1/4 cup water
- Fresh cracked black pepper, to taste
- Sliced green onions, for garnish

Directions

1. Pat tofu block dry with paper towels and cut into 1/2-inch thick slices.
2. Heat 2 tablespoons of oil in a large skillet over high heat. Carefully add tofu in a single layer and sear each side for 2-3 minutes until golden and crisp. Remove tofu from pan and set aside.
3. Reduce heat to medium and add remaining oil. Cook shallots for 1 minute until soft.
4. Add mushrooms and cook for 2 minutes until tender and lightly browned.
5. Stir in miso, water, and black pepper until miso paste is liquefied. Simmer for 30 seconds until heated through.
6. Toss tofu with miso and mushrooms, then serve garnished with green onions.



Creamy Mushroom Pasta

By: Andy Baraghani

<https://www.bonappetit.com/recipe/creamy-pasta-with-crispy-mushrooms>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

- 4 Tbsp. extra-virgin olive oil
- 1 lb. mixed mushrooms
- Kosher salt
- 2 medium shallots, finely chopped
- 1 lb. spaghetti or bucatini
- ½ cup heavy cream
- ⅓ cup finely chopped parsley
- Zest and juice of ½ lemon
- 2 Tbsp. unsalted butter, cut into pieces
- ½ cup. Parmesan, finely grated
- Freshly ground black pepper

Directions

1. Pat tofu block dry with paper towels and cut into 1/2-inch thick slices.
2. Heat 2 tablespoons of oil in a large skillet over high heat. Carefully add tofu in a single layer and sear each side for 2-3 minutes until golden and crisp. Remove tofu from pan and set aside.
3. Reduce heat to medium and add remaining oil. Cook shallots for 1 minute until soft.
4. Add mushrooms and cook for 2 minutes until tender and lightly browned.
5. Stir in miso, water, and black pepper until miso paste is liquefied. Simmer for 30 seconds until heated through.
6. Toss tofu with miso and mushrooms, then serve garnished with green onions.



11

Potatoes



Basic Mashed Potatoes

By: Esmee Williams

<https://www.allrecipes.com/recipe/24771/basic-mashed-potatoes/>

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 pounds baking potatoes, peeled and quartered
- 3 cloves garlic, peeled, or to taste (Optional)
- 1 cup milk
- 2 tablespoons butter
- salt and ground black pepper to taste

Directions

1. Bring a large pot of salted water to a boil. Add potatoes and garlic, lower heat to medium, and simmer until potatoes are tender, 15 to 20 minutes.
2. When the potatoes are almost finished, heat milk and butter in a small saucepan over low heat until butter is melted.
3. Drain potatoes and return to the pot. Slowly add warm milk mixture, blending it in with a potato masher or electric mixer until potatoes are smooth and creamy. Season with salt and pepper.



Potato Salad

By: Sommer Collier

<https://www.allrecipes.com/recipe/24771/basic-mashed-potatoes/>

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 5 pounds Yukon Gold potatoes or Klondike Goldust potatoes
- 2 cups mayonnaise (your favorite brand)
- 1 cup refrigerated sweet pickle relish
- 2 tablespoons yellow mustard, or 1 part yellow + 1 part dijon
- 1 tablespoon apple cider vinegar
- 1 tablespoon celery seeds
- 1/2 teaspoon paprika
- 4-5 hard boiled eggs, peeled and chopped
- 3 celery stalks, diced
- 1/2 cup sweet onion, diced
- 1 tablespoon fresh chopped dill
- Salt and pepper

Directions

- 1.Quarter potatoes and boil in salted water for 13-15 mins until fork-tender.
- 2.In a bowl, mix mayonnaise, sweet pickle relish, mustard, apple cider vinegar, celery seeds, paprika, salt, and pepper.
- 3.Chop eggs, celery, onions, and dill.
- 4.Drain potatoes, remove peels, chop into 1/2-inch chunks. Place in a bowl.
- 5.Gently mix in dressing, then add eggs, celery, onions, and dill. Salt and pepper to taste.
- 6.Garnish with fresh dill and paprika.
- 7.Cover and refrigerate for at least 4 hours, or overnight for better flavor. Store in an airtight container for up to one week.



Roasted Potatoes Carrots and Zucchini

By: Christina Cherries

<https://www.eatwell101.com/roasted-potatoes-carrots-zucchini-recipe>

SERVINGS: 5

PREPPING TIME: 10 MIN


COOKING TIME: 40 MIN

Ingredients

- 1 1/4 lb baby potatoes, halved
- 1 lb medium carrots, scrubbed clean, cut into 2-inch pieces
- 3 tablespoon olive oil, divided
- 1 tablespoon minced fresh thyme
- 1 tablespoon minced fresh rosemary
- Salt and freshly ground black pepper
- 12 oz. zucchini, trimmed and cut into 1-inch pieces
- 4 cloves garlic, minced

Directions

- 1.To make the Garlic Herb Roasted Potatoes Carrots and Zucchini: Preheat your oven to 400°F (200°C) and set a rack to the middle. In a large bowl, toss together potatoes carrots with 2 1/2 tablespoons olive oil, thyme, rosemary and season with salt and pepper to taste. Spread onto a rimmed baking sheet—Roast in the preheated oven for 20 minutes.
- 2.Toss zucchini in a bowl with the remaining 1/2 tablespoon olive oil and season lightly with salt. Add to the baking sheet with other potatoes and carrots. Add minced garlic and toss everything, and spread into an even layer. Return to oven and roast until all of the veggies are tender and slightly browned, about 20 minutes longer. Serve the Garlic Herb Roasted Potatoes Carrots and Zucchini warm – enjoy!

A close-up photograph of several rutabagas in a dark, woven basket. The rutabagas have a purple and white coloration. Some have long, green leaf stalks attached. One rutabaga in the foreground is sliced in half, revealing a white, textured interior. A green circular overlay with a black border is positioned in the upper center, containing the number 12.

12

Rutabaga



Rutabaga Hash

By: Briana and Chamere

<https://afullliving.com/rutabaga-hash-with-cabbage-bacon-and-leeks/>

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 50 MIN

Ingredients

- 22 ounces rutabaga, peeled and diced (about 1 large rutabaga)
- 6 ounces green cabbage, chopped (about half a head of green cabbage, hard parts removed)
- 4 ounces leeks, cut into strips (white parts only of 1 leek, green stems removed)
- 3 tablespoon avocado oil (or any cooking oil or butter)
- 1 teaspoon salt (or to taste)
- ½ teaspoon black pepper (or to taste)
- 1 teaspoon Italian seasoning (optional, and to taste)
- 8 ounces bacon, cut into pieces
- basil for garnish (totally optional)

Directions

- 1.Preheat your oven to 425°F. Add rutabaga, cabbage, leeks, and bacon to the cast iron skillet.
2. Season with salt, pepper and Italian seasoning. Mix until well combined.
- 3.Roast in the oven for 25 minutes, then take the veggies out, and mix around before returning to oven for another 20-30 minutes, because you want all the vegetables to get a little crisp on them.
- 4.Finally, garnish with basil if you want, then eat!



Honey and Thyme Roasted Rutabaga

By: Jen Wooster

<https://www.peelwithzeal.com/honey-roasted-rutabaga/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 50 MIN

Ingredients

- 1 pound rutabagas peeled and cut into $\frac{3}{4}$ -inch cubes
- 2 tablespoons olive oil
- 2 tablespoons raw honey
- 1 tablespoon fresh thyme leaves
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

Directions

- 1.Preheat oven to 400 F and place rack in the middle of the oven. Pour olive oil and honey on a large baking, place in the oven for 3 to 5 minutes while the oven is preheating.
- 2.2 tablespoons olive oil,2 tablespoons raw honey
- 3.Remove sheet pan from the oven. Toss cubed rutabaga with olive oil and honey. Sprinkle with thyme, salt, and pepper.
- 4.1 pound rutabagas,1 tablespoon fresh thyme leaves, $\frac{1}{4}$ teaspoon kosher salt, $\frac{1}{4}$ teaspoon black pepper
- 5.Bake for 40 to 50 minutes until the rutabaga is fork tender and the outside is golden brown. Tossing halfway through to ensure even browning.



Rutabaga and Cheddar Soup

<http://www.feedmedearly.com/2014/12/28/rutabaga-soup-with-sage-and-white-cheddar/>

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 5 tablespoons unsalted butter, divided
- 1 medium chopped onion
- 2 large peeled and chopped rutabagas (about 5 cups)
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 4 finely chopped tablespoons of fresh sage, divided
- $\frac{1}{4}$ cup flour
- 2 cups heavy cream
- 6 cups chicken stock
- 2 Tablespoons chopped pumpkin seeds
- large pinch red pepper flakes
- 8 ounces grated sharp cheddar cheese
- salt and pepper to taste

Directions

1. In a medium saucepan over medium heat, melt 4 tablespoons of butter.
2. Add flour, whisking for 3–4 minutes.
3. Slowly whisk in heavy cream, then chicken stock.
4. Simmer sauce for 20 minutes to thicken.
5. In a large Dutch oven, heat 1 tablespoon of butter. Sauté vegetables and 2 tablespoons of chopped sage for about 10 minutes.
6. Add thickened sauce to the Dutch oven. Simmer together for another 30 minutes until vegetables are tender.
7. While vegetables cook, make sage and pumpkin seed garnish in olive oil.
8. Puree the soup with an immersion blender.
9. Add red pepper flakes, season with salt and pepper.
10. Off heat, slowly melt sharp cheddar into the soup.
11. Serve in bowls, topped with pumpkin seed and sage gremolata.



13

Spinach



Sauteed Spinach

By: a couple cooks

<https://www.acouplecooks.com/sauteed-spinach/>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- 3 bunches spinach (about 1 1/4 pounds total with stems) or 10 ounces baby spinach leaves
- 2 tablespoons olive oil
- 3 large garlic cloves, peel & smashed
- 1/4 teaspoon salt plus 2 pinches
- 1 1/2 tablespoons fresh lemon juice

Directions

1. Chop stems off bunch, roughly chop leaves.
2. Heat olive oil in skillet, briefly brown garlic.
3. Add spinach, cover for 1 min, uncover, stir, cover 1 more min.
4. Remove lid, stir, cook 30 secs until wilted but bright green.
5. Stir in salt and lemon juice, remove from heat.
6. Adjust salt to taste, promptly transfer to a bowl. Serve warm.



Spinach Salad with Mushroom and Feta

By: Kaly'n Denny

<https://kalynskitchen.com/balsamic-spinach-salad-with-mushrooms/#mv-creation-1152-jtr>

SERVINGS: 2

PREPPING TIME: 20 MIN

COOKING TIME: 0 MIN

Ingredients

- 8 cups spinach
- 8 oz. mushrooms, thickly sliced
- 1/4 cup thinly-sliced green onion
- 1 T + 1/4 cup extra virgin olive oil
- 2 T balsamic vinegar
- 1/2 tsp. garlic powder
- 1/2 tsp. Spike Seasoning (or any of your choice)
- 1/3 cup crumbled Feta Cheese

Directions

- 1.Combine washed spinach, crumbled Feta cheese, sliced green onions, and thickly sliced mushrooms in a large bowl.
- 2.Whisk together olive oil, balsamic vinegar, garlic powder, and Spike Seasoning.
- 3.Heat olive oil in a large frying pan. Cook mushrooms until browned and liquid evaporates, then add green onions and cook briefly.
- 4.Pour dressing over mushroom mixture, let it barely simmer, then toss with spinach.
- 5.Transfer salad to a serving bowl, crumble Feta cheese over the top, and serve.



Salmon with Spinach Cream Sauce

By: Alicia

<https://thedizzycook.com/salmon-with-creamy-garlic-spinach/#recipe>

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 17 MIN

Ingredients

- 2-3 teaspoons olive oil
- 2 6 oz salmon filets
- 1 tablespoon butter
- 2 cloves garlic, peeled and minced
- 1 small shallot, finely chopped
- ½ cup heavy cream
- ¼ cup vegetable broth
- ¼ teaspoon red pepper flakes
- 9-12 oz fresh spinach leaves
- 1 tablespoon flat leaf Italian parsley, chopped
- kosher salt and pepper

Directions

1. Pat dry salmon filets. Heat olive oil in a skillet over medium-high heat. Sear salmon for 3 minutes per side, until golden brown. Remove from pan.
2. Wipe excess oil from pan. Add butter, garlic, and shallot. Cook for 1-2 minutes. Add vegetable broth, red pepper flakes, and cream. Simmer until sauce thickens by half.
3. Add spinach, cook until wilted. Season with salt and pepper. Return salmon to pan, top with parsley. Serve.



Italian Orzo Spinach Soup

By: Ali

<https://www.gimmesomeoven.com/italian-orzo-spinach-soup-recipe/#tasty-recipes-62632>

SERVINGS: 4-6

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- 1 tablespoon olive oil
- 1 small white onion, peeled and diced
- 1 cup diced carrots
- 1 cup diced celery
- 6 cloves garlic, pressed or minced
- 1/2 teaspoon crushed red pepper flakes
- 6 to 8 cups chicken or vegetable stock
- 1 (14-ounce) can fire-roasted diced tomatoes
- 1 1/2 tablespoons Italian seasoning
- 1 cup (about 8 ounces) uncooked orzo pasta
- 2 large handfuls baby spinach or kale
- salt and pepper

Directions

- 1.Sauté vegetables. Heat oil in a large pot over medium-high heat. Cook onion, carrots, and celery for 5-7 minutes until softened. Add garlic and red pepper flakes, cook for 2 more minutes.
- 2.Simmer. Add stock, diced tomatoes, and Italian seasoning. Bring to a simmer, then reduce heat to medium-low.
- 3.Cook orzo. Stir in orzo, cover, and simmer until just al dente, stirring occasionally.
- 4.Add spinach and season. Stir spinach into soup, season with salt and pepper.
- 5.Serve. Garnish with desired toppings and serve immediately.



14

Squash



Roasted Zucchini and Squash

By: Brittany Mullins

<https://www.eatingbirdfood.com/roasted-summer-squash-and-zucchini/>

SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 2 small/medium yellow summer squash, chopped into ½ inch pieces
- 2 small/medium zucchini, chopped into ½ inch pieces
- ½ cup red onion, roughly chopped
- 1 Tablespoon olive oil or avocado oil
- 2 cloves garlic, minced
- sea salt and pepper to taste

Directions

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Place squash, zucchini, onion, garlic and oil in a large bowl. Toss until the veggies are coated. Liberally sprinkle on salt and pepper and toss once more.



Curried Butternut Squash Soup

By: Minimalist Baker

<https://minimalistbaker.com/curried-butternut-squash-soup/#wprm-recipe-container-35467>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- 1 Tbsp coconut or avocado oil
- 2 medium shallots (thinly diced)
- 2 cloves garlic, minced
- 6 cups peeled & chopped butternut squash
- 1 pinch each sea salt + black pepper
- 1 1/2 Tbsp curry powder
- 1/4 tsp ground cinnamon
- 1 14-ounce can light coconut milk
- 2 cups vegetable broth
- 1-3 Tbsp maple syrup
- 1-2 tsp chili garlic paste

Directions

- 1.Heat pot over medium heat. Add oil, shallots, and garlic. Sauté for 2 minutes.
- 2.Add butternut squash, salt, pepper, curry powder, and cinnamon. Stir, cover, and cook for 4 minutes.
- 3.Add coconut milk, broth, maple syrup or coconut sugar, and chili garlic paste (optional).
- 4.Bring to a low boil, then simmer covered for 15 minutes until squash is tender.
- 5.Blend soup until creamy. Adjust seasoning. Serve with optional garnishes.
- 6.Store leftovers in the refrigerator for 3-4 days or freeze up to 1 month.



Shrimp with Penne and Squash

<https://www.allrecipes.com/recipe/88102/shrimp-with-penne-and-squash/>

SERVINGS: 5

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 tablespoons olive oil
- 4 cups thinly sliced yellow squash
- 3 cups thinly sliced zucchini
- 1 pound medium shrimp, peeled and deveined
- ¼ cup fresh lemon juice
- 3 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ pound dried penne pasta
- ½ cup minced fresh chives or green onions
- ¼ cup freshly grated Parmesan cheese

Directions

1. Warm oil in a large skillet over medium heat. Stir in yellow squash and zucchini; cook for 10 minutes. Stir in shrimp and cook for 3 minutes. Stir in lemon juice, garlic, basil, oregano, salt, and pepper; cook for 2 more minutes.
2. Meanwhile, bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, 8 to 10 minutes. Strain and pour into a large bowl.
3. Pour shrimp and sauce over penne, then sprinkle with chives and Parmesan. Stir to combine.



15

Sweet Pepper



Stuffed Sweet Peppers

By: 100 days of Real Food

<https://www.100daysofrealfood.com/stuffed-mini-peppers/>

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 12 mini bell peppers (assorted colors)
- 8 ounces cream cheese (softened)
- ½ cup shredded cheddar cheese
- ¼ cup finely chopped green onions
- ¼ cup diced tomatoes
- ¼ cup cooked bacon (broken up into bits)
- ½ tsp garlic powder
- ½ tsp onion powder
- salt (to taste)
- black pepper (to taste)
- chopped fresh parsley or cilantro (optional, for garnish)

Directions

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Halve mini peppers, remove seeds, and place on prepared sheet.
3. Mix softened cream cheese, cheddar, green onions, tomatoes, bacon, garlic & onion powder, salt, and pepper.
4. Fill pepper halves with mixture. Bake for 15-20 minutes until peppers are slightly softened and filling is bubbly.
5. Cool briefly, garnish with parsley or cilantro if desired, and serve warm as appetizers or snacks.



Pepper Steak Stir Fry

By: Sara Welch

<https://www.dinneratthezoo.com/pepper-steak-stir-fry/#wprm-recipe-container-14390>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 tablespoon vegetable oil divided use
- 1 red bell pepper cored, seeded and cut into strips
- 1 green bell pepper cored, seeded and cut into strips
- 1 1/4 pounds flank steak thinly sliced
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- salt and pepper to taste
- 1/4 cup soy sauce
- 1 1/2 tablespoons sugar
- 1 1/2 tablespoons cornstarch

Directions

- 1.Heat 1 teaspoon vegetable oil in a large pan over medium-high heat. Cook peppers for 3-4 minutes until tender; remove from pan.
- 2.Add remaining oil. Season flank steak with salt and pepper, then cook in the pan over high heat for 5-6 minutes until browned. Add garlic and ginger; cook for 30 seconds.
- 3.Return peppers to the pan with the steak. In a small bowl, whisk soy sauce, sugar, 1/4 cup water, and cornstarch. Pour over steak mixture, bring to a simmer, and cook for 2-3 minutes until sauce thickens. Serve.



Balsamic Roasted Mini Peppers

By: Alexandra Stafford

<https://alexandracooks.com/2019/06/14/dinner-party-balsamic-roasted-mini-peppers/>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

- 1.5 lbs. mixed baby peppers
- 1 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil
- 3 tablespoons balsamic vinegar

Directions

- 1.Preheat oven to 450°F convection. Place peppers in a 9x13-inch pan.
- 2.Season with salt, olive oil, and balsamic; toss to coat.
- 3.Cook for 15 to 25 minutes until blistered to your liking.
- 4.Transfer to a serving platter with juices. Sprinkle with additional salt if desired. Serve immediately or at room temperature.



Grilled Salmon with Sweet Peppers

By: Eric Wolfinger

<https://www.eatingwell.com/recipe/280152/grilled-salmon-with-sweet-peppers/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 ¼ pounds skin-on salmon fillet, cut into 4 portions
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt, divided
- 1 pound sweet mini bell peppers
- 2 medium red onions, quartered

Directions

- 1.Preheat grill to high heat (about 500°F for gas grill or charcoal grill).
- 2.Brush or drizzle salmon with oil and sprinkle with 1/4 teaspoon salt.
- 3.Sprinkle peppers and onions with remaining 1/4 teaspoon salt.
- 4.Oil the grill rack. Place salmon, skin-side up, on grill, along with peppers and onions. Grill salmon for 3-4 minutes until browned, then gently flip and continue cooking until opaque, about 3 minutes more.
- 5.Grill peppers and onions until tender and browned, about 8-10 minutes.
- 6.Serve salmon with vegetables

A top-down view of a dark brown wooden bowl filled with fresh produce. The bowl contains several whole red cherry tomatoes, a few slices of red and yellow tomatoes, and several large, vibrant green basil leaves. The bowl is placed on a rustic, weathered wooden surface. A piece of light-colored, textured fabric is partially visible under the bowl. A single red cherry tomato lies on the wooden surface in front of the bowl. A semi-transparent white banner with a yellow circle containing the number '16' is overlaid on the image.

16

Tomato



BBQ Tofu Chopped Salad

By: Alexandra Caspero

<https://www.delishknowledge.com/copycat-cpk-chopped-bbq-tofu-salad/>

SERVINGS: 4

PREPPING TIME: 25 MIN

COOKING TIME: 15 MIN

Ingredients

- 8 cups chopped lettuce- I used butter lettuce here but any lettuce combo will work.
- 4 medium tomatoes, chopped
- 2 avocados, chopped
- 1 can black beans, drained and rinsed
- 1 cup corn
- 2 cups shredded carrots
- 1 16 oz. package tofu, drained and pressed as described above
- 1 cup BBQ sauce, DIVIDED
- 1/2 cup mayo (vegan mayo for dairy-free option)
- 1/4 cup soymilk
- 1/8 cup chopped parsley
- 1 tsp. garlic powder
- salt/pepper

Directions

1. Chop the pressed tofu into cubes. Place in a bowl and cover with 1/2 cup BBQ sauce. Toss to evenly coat. Marinate for at least 20 minutes.
2. Make the dressing: whisk together the mayo, soymilk, chopped parsley, garlic powder, 3 tbsp. BBQ sauce and pinch salt/pepper.
3. Preheat the oven to 400 degrees F. Remove the tofu cubes and place on a lightly greased baking sheet. Bake for 15 minutes. Remove, flip cubes and lightly brush with remaining BBQ sauce- you might not use it all. Place back in oven and cook for another 10-15 minutes.
4. Assemble the salads: Either place all ingredients in a large bowl and toss together. Or, to serve individual salads (like photographed) place 2 cups lettuce, 1/2 avocado, 1/2 cup shredded carrots, 1/3 cup black beans, 1/4 cup corn and 1 chopped tomato on each plate. Serve with 1/4 of the tofu and drizzle with BBQ-ranch dressing.



Tomato Soup

By: Adam and Joanne Gallagher

<https://www.delishknowledge.com/copycat-cpk-chopped-bbq-tofu-salad/>

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 45 MIN

Ingredients

- 4 tablespoons unsalted butter
 - 1/2 large onion, cut into large wedges
 - 1 (28-ounce) can tomatoes, we prefer to use whole peeled or crushed, see notes for fresh tomatoes
 - 1 1/2 cups water, low sodium vegetable stock, or chicken stock
 - 1/2 teaspoon fine sea salt, or more to taste
1. Melt the butter over medium heat in a Dutch oven or large saucepan.
 2. Add onion wedges, water, tomatoes with their juices, and 1/2 teaspoon of salt.
 3. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.
 4. Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth; some texture is nice. An immersion blender does make quick work of this, or you can use a blender. When using a regular blender, work in smaller batches, and don't fill it too high – hot soup expands! For safety, remove the lid's center insert and cover the opening with a kitchen towel while blending. This releases steam and prevents messy splatters.
 5. Store homemade tomato soup in an airtight container in the fridge for up to three days or freeze for up to three months.



Roasted Tomato Linguine

<https://www.delishknowledge.com/copycat-cpk-chopped-bbq-tofu-salad/>

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 30 MIN

Ingredients

- 4 very thin lemon slices
 - 1 tablespoon extra-virgin olive oil
 - 1 garlic clove, minced
 - 1 tablespoon lemon juice
 - 6 ounces linguine pasta
 - 1 1/2 cups arugula
 - 1 tablespoon fresh thyme
 - 1 cup Roasted Tomatoes
 - 3 ounces fresh mozzarella, torn
 - 1/4 cup toasted pine nuts
 - 1/2 cup fresh basil, or dollops of pesto
 - Sea salt and freshly ground black pepper
1. Preheat oven to 350°F and line a small baking sheet with parchment paper. Roast lemon slices drizzled with olive oil and salt for 15-20 minutes until golden brown. Mince roasted lemons.
 2. In a medium-sized (cold) pot, combine olive oil, garlic, lemon juice, and 1/4 teaspoon sea salt.
 3. Cook pasta until al dente, reserving 1/4 cup of pasta water. Add hot pasta, reserved water, arugula to the pot. Heat gently until arugula wilts. Add thyme, tomatoes, roasted lemons. Top with mozzarella, pine nuts, and basil. Toss gently, season, and serve.

A close-up photograph of a woven basket filled with various types of zucchini and yellow squash. The vegetables are in different sizes and orientations, showing their characteristic bumpy skin. Some are dark green, while others are yellow. A semi-transparent white banner is overlaid across the middle of the image, containing a green circle with the number 16 and the word Zucchini below it.

16

Zucchini



Quick and Easy Baked Zucchini

By: Nagi

<https://www.eatwell101.com/roasted-potatoes-carrots-zucchini-recipe>

SERVINGS: 4

PREPPING TIME: 3 MIN

COOKING TIME: 12 MIN

Ingredients

- 4/5 zucchinis
- 2 tbsp olive oil
- 1/2 tsp each salt and pepper
- 2 tbsp breadcrumbs (optional)
- 2 tbsp parmesan grated (optional)

Directions

- 1.Preheat oven to 240°C / 450°F (220°C fan) with the oven shelf set high in the oven.
- 2.Trim the ends off the zucchini. Cut medium zucchinis in quarters lengthwise, and large ones into sixths (halve then cut each half into 3 lengthwise to make 6 long "wedges").
- 3.Pile zucchini on a tray. Drizzle with 1 tablespoon oil, salt and pepper. Toss.
- 4.Line up in two rows so they're touching each other, with the skin side down.
- 5.Sprinkle evenly with breadcrumbs, then parmesan, drizzle with 1 tablespoon oil.
- 6.Bake 12 minutes until the parmesan is golden and zucchini is soft but not soggy.
- 7.Serve immediately!



Baked Chicken and Zucchini

By: Jillian

<https://poshplate.us/easy-baked-chicken-and-zucchini-recipe/#wprm-recipe-container-14351>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 1 pound boneless skinless, chicken breast cut into bite-size pieces
- 1 medium-size onion chopped
- 1 zucchini sliced vertically into four large pieces, then chopped into smaller pieces.
- 2 tbsp extra virgin olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp cumin
- 1 tsp salt
- ¼ tsp peper

Directions

- 1.Preheat the oven to 425°F
- 2.In a large bowl, add all of the spices, salt, and pepper. Then, add the olive oil and mix everything until a "marinade" forms.
- 3.When ready, add the cut-up chicken, onion, and zucchini to the marinade. Next, give a toss to fully incorporate the ingredients with the seasonings. You may marinate this for up to 24 hours.
- 4.Transfer the chicken and veggies to a baking dish and bake it in the oven uncovered at 425°F for 30 minutes.
- 5.Enjoy while hot and serve with fluffy quinoa or buttery rice.



Zucchini Muffins with Chocolate Chips

By: Erin Clark

<https://www.wellplated.com/healthy-zucchini-muffins/#wprm-recipe-container-33815e>

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 cups shredded, unpeeled zucchini
- 1/2 cup mashed ripe banana (1 banana)
- 1/4 cup coconut oil melted and cooled, very light olive oil, or canola oil
- 1/4 cup honey
- 1/4 cup brown sugar light or dark
- 1 teaspoon pure vanilla extract
- 2 large eggs at room temperature
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 2 cups white whole wheat flour
- 1/3 cup semi-sweet chocolate chips

Directions

1. Preheat oven to 375°F. Grease a standard 12-cup muffin tin or use paper liners.
2. Grate and squeeze excess water from zucchini. Melt coconut oil and let it cool.
3. In a bowl, combine banana, honey, brown sugar, coconut oil, and vanilla until smooth. Add eggs, beating well.
4. Sprinkle cinnamon, baking soda, baking powder, and salt; mix. Add flour, mix until just combined.
5. Fold in zucchini and chocolate chips.
6. Fill muffin cups 3/4 full. Bake for 20-25 mins.
7. Cool in the pan for 5 mins, then transfer to a wire rack to cool completely.



Lemon Garlic Butter Steak & Zucchini Noodles

By: Christina Cherrier

<https://www.eatwell101.com/garlic-butter-steak-and-zucchini-noodles-recipe>

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 1/2 lb (650g) flank steak, sliced
- 4 medium zucchini
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 2 tablespoons butter or ghee
- 1 lemon, juice and zest
- 1/4 cup (60ml) chicken broth
- 1/4 cup chopped parsley
- 1/4 teaspoon crushed red pepper flakes
- Salt and fresh cracked black pepper, to taste

The steak marinade

- 1/3 cup low-sodium soy sauce
- 1/4 cup lemon juice
- 1/2 cup olive oil
- 1 tablespoon Sriracha sauce

Directions

1. Combine marinade ingredients, marinate flank steak in the fridge for 30 minutes to an hour.
2. Make zucchini noodles/strips, set aside.
3. Bring steak to room temperature, heat oil in a skillet. Cook steak strips, season, add garlic, then set aside.
4. In the same skillet, add butter, lemon juice, zest, red pepper flakes, chicken broth, and marinade juices. Simmer for 2-3 minutes.
5. Stir in parsley, add zucchini noodles, toss for 2-3 minutes. Reduce cooking juices if needed.
6. Add back grilled steak strips, stir for another minute.



Zucchini Patties

By: Sherlie A. Magaret

<https://www.allrecipes.com/recipe/13941/zucchini-patties/>

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 cups grated zucchini
- 2 eggs, beaten
- ½ cup all-purpose flour
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese
- ¼ cup chopped onion
- salt to taste
- 2 tablespoons vegetable oil

Directions

1. Place zucchini, eggs, flour, Parmesan cheese, mozzarella cheese, onion, and salt in a medium bowl; stir until well combined.
2. Heat oil in a skillet over medium-high heat.
3. Scoop tablespoonfuls of zucchini mixture into hot oil and fry, working in batches, until golden brown, about 2 minutes per side.