



Avocado Tacos

Ingredients

1 ripe avocado, peeled and seeded
1 medium onion, julienne
2 large green peppers, julienne
2 large red peppers, julienne
1 cup fresh cilantro, finely chopped
1-1/2 cups fresh tomato salsa
12 flour tortillas
non-stick cooking spray

Fresh Tomato Salsa

1/3 tsp chopped jalapeño peppers
1 cup diced tomatoes
1/3 cup diced onions
1/2 clove garlic, minced
2 tsp cilantro
1/2 tsp lime juice
pinch of cumin

Directions

Prepare salsa by mixing together all ingredients and refrigerating in advance. Spray skillet with cooking spray. Lightly sauté onion and green and red peppers. Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve.



Baked Onion

Ingredients

4 medium sweet onions
3/4 cup water
1/4 cup balsamic vinegar

2 tsp cornstarch
2 Tbsp water

Directions

Preheat oven to 350° F. Peel the onions. Place them side by side into a small casserole dish. Pour the water and balsamic vinegar over and around the onions, and bake for 2 hours. When softened, thicken remaining juices with arrowroot or cornstarch mixture. Serve onions with the sauce.



Cabbage Salad

Ingredients

1/4 head white cabbage, shredded
1/4 small head red cabbage, shredded
3 carrots, peeled and shredded
A few leaves of sorrel, chopped
(optional; adds a great lemony tang)

2 tbsp fresh parsley leaves, chopped
Vinegar or lemon juice to taste
Salt as needed
Olive oil to taste
Black pepper to taste

Directions

Combine shredded cabbages, carrots and sorrel in a colander. Toss with at least 1 tablespoon salt so that leaves exude moisture within 10 to 15 minutes. Let sit an hour or two, pressing out moisture with your hands. Taste the mixture. If it's too salty for your liking, rinse and spin dry. Toss with oil, pepper and either vinegar or lemon juice. Garnish with parsley.



Cranberry Salsa

Ingredients

4 oz 100% cranberry juice blend	1/2 cup thinly sliced scallions (including green tops)
1-1/2 cups diced tomatoes	2 Tbsp lemon juice
1 cup fresh cranberries, sliced thin	2 cloves crushed garlic (about 1 tsp)
1/4 cup ripe medium avocado, diced	fresh ground pepper, as desired
1/2 cup diced pineapple	
1/4 cup finely chopped jalapeno peppers	

Directions

Place juice into a saucepan. Boil for about 5 minutes until reduced to about 1 Tbsp of syrup. Place the reduced juice and all remaining ingredients into a medium bowl and stir until incorporated. Chill and serve immediately with favorite chips and vegetables.

* Fresh cranberries may be stored in your freezer for up to 1 year.



Olive Oil Roasted Eggplant with Lemon

Ingredients

1 large eggplant

3 tablespoons extra virgin olive oil

salt and pepper to taste

2 tablespoons fresh lemon juice

Directions

Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or lightly grease. Slice the eggplant in half lengthwise, then cut each half into quarters lengthwise. Cut each of those in half to make two shorter quarters. Place the eggplant onto the baking sheet with the skin side down. Brush each piece with olive oil and season with salt and pepper. Roast in the preheated oven until softened and golden brown, 25 to 30 minutes. Remove from the oven and sprinkle with lemon juice. Serve hot.



Roasted Garlic

Ingredients

2 whole heads garlic

1/2 tsp. salt

1 Tbsp. extra virgin olive oil

dash white pepper

Directions

Preheat oven to 375 degrees F. Remove some of the papery skins from the garlic heads. Cut off the top 1/2" to expose the cloves. Place garlic on baking sheet and drizzle with the olive oil; sprinkle with salt and pepper. Cover with foil and bake at 375 degrees F for 55-60 minutes until garlic is soft and golden brown. Let cool and store in refrigerator. Garlic becomes sweet, mellow, and nutty when roasted. Squeeze the flesh out of the cloves and spread on bread for a great appetizer or side dish.



Roasted Kohlrabi

Ingredients

4 kohlrabi bulbs, peeled
1 tablespoon olive oil
1 clove garlic, minced

salt and pepper to taste
1/3 cup grated Parmesan cheese

Directions

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



Roasted Zucchini and Yellow Summer Squash

Ingredients

6 cups zucchini cut in large chunks	1 tsp garlic powder
6 cups yellow squash cut in large chunks	1 tsp salt
2 tbsp olive oil	1 tsp ground black pepper

Directions

Preheat oven to 450 degrees. Grease roasting pan with olive oil. Chop zucchini and yellow squash and put into large bowl. Drizzle olive oil over squash. Mix with a large spoon until squash is evenly coated. Sprinkle garlic powder, salt, and pepper over squash. Mix with a large spoon until squash is evenly coated. Pour squash onto roasting pan and spread it out until it evenly covers the pan. Bake 15-20 minutes stirring once until cooked through.



Simple Swiss Chard

Ingredients

2 tablespoons extra-virgin olive oil
4 cloves garlic, minced
1/4 cup balsamic vinegar

salt and pepper to taste
1 bunch Swiss chard, stalks discarded,
leaves cut into wide ribbons

Directions

Heat the olive oil on a large skillet over medium heat. Stir in the garlic and cook until tender and aromatic, about 2 minutes. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve.



Steamed Broccoli with Lemon-Dill Dressing

Ingredients

1 bunch broccoli (about 2 pounds)
3 carrots, peeled and cut in 2-inch strips

zest of one lemon, grated or minced
1/4 teaspoon black pepper (optional)
1 teaspoon dried dill weed or 3
teaspoons fresh dill
salt to taste

Lemon-Dill Dressing

6 tablespoons olive oil
2 tablespoons lemon juice

Directions

Wash, trim stems from broccoli and peel, cut into strips the same size as carrots. Cut florets into small uniform pieces and set aside. Prepare carrots and set aside. Bring a large saucepan of water to a boil. (Or prepare the steamer) Add carrots and broccoli stems. Cook for one minute. Add broccoli florets and boil two minutes longer. Do not overcook. Drain, and rinse under cold running water, drain again. Place in a large bowl and gently toss with dressing. Serve immediately.