

Kale Cauliflower Soup

*1 head cauliflower, cut into florets *6 Tbsp. olive oil *salt & pepper to taste *1 large bunch kale, stems removed & leaves cut into small pieces *1 small onion, chopped *2 cloves garlic, pressed *6 cups vegetable stock *4 tbsp. toasted pine nuts
Preheat oven to 425 F. Prepare 2 baking sheets. In a bowl toss cauliflower in 2 Tbsp. olive oil & season with salt & pepper. Place on baking sheet. Roast until cauliflower is browned & tender, for about 25 minutes. Take out of the oven & reduce temperature to 300 F. In a bowl toss half of the kale with 2 Tbsp. olive oil & season with salt. Line on a baking sheet & bake until crispy for 30 minutes. Toss half way through. Meanwhile in a large saucepan, heat 2 Tbsp. olive oil & cook onion for 3-4 minutes, on medium heat until translucent. Add garlic & cook for 1 minute. Add roasted cauliflower & stock. Increase temperature to medium-high & bring to a simmer. Reduce heat to medium low, cover & cook for 10 minutes. Add kale & let the soup cook for 10-15 more minutes. Working in batches, puree soup in a powerful blender until smooth. Season with salt & pepper to taste. When ready to serve, serve soup with crispy kale chips & toasted pine nuts on top.



Green Beans on the Grill

*green beans *1 Tbsp. olive oil *2-3 cloves garlic, minced *1 tsp. crushed red pepper flakes *salt & pepper to taste *1-2 Tbsp. water

Put green beans on a sheet of aluminum foil large enough to fold & seal. You may need to fold two sheets together. You can use one sheet of foil to set the pouch on. This way if any liquid seeps out or it pulls apart it doesn't leave a mess. Drizzle olive oil over the beans. Add minced garlic & crushed red pepper, salt & pepper to taste. Toss green beans with tongs until well coated. Add water & fold aluminum foil together at the top, Pinch the sides closed. Cook green bean pouch on the grill.

Stuffed Tomatoes

*2 tomatoes *salt & pepper *1/2 cup bread crumbs *1 clove garlic, minced *1 Tbsp. dried basil *1/2 cup grated Parmesan *1/4 cup olive oil

Preheat oven to 400 degrees F. Slice tomatoes in half horizontally & scoop out pulp & seeds. Salt insides & rest upside down on a sheet pan lined with a wire rack to extract juices, about 15 minutes. Meanwhile, in a medium bowl, mix together bread crumbs, garlic, basil, pepper, 1/4 cup of the grated Parmesan & oil. Stuff tomatoes with the filling, sprinkle with remaining Parmesan & bake until tomatoes are cooked through & tops are golden brown, about 30 minutes.

Baked Yellow Squash

Rounds

*2 yellow squash *garlic salt & pepper *1/2 cup freshly grated Parmesan cheese

Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray) or parchment paper. Wash & dry the squash & then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt & pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash. Bake for 15 to 20 minutes, or until the Parmesan melts & turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.

Have fun with your food!

Smoothies are a fast, simple & healthy option for breakfast or a quick snack. Our kids love making smoothies & trying new combinations. One of our new favorites is bananas & melon. They are great. They are best when the fruit is very ripe because it is sweeter & you don't have to add much sweetener at all. (This is a great way to use brown bananas as they are super sweet).

Banana Melon Smoothie

*1 melon, seeds removed *1 ripe banana *1/2 tsp. honey or agave
Place banana into freezer to chill. While banana is chilling, scoop out melon flesh & transfer to blender or food processor. Remove banana from freezer. Discard peel. Add banana & honey (or agave) to blender. Pulse to combine until you have a smooth consistency. Pour into glass. Serve immediately.

Did you know that you can write secret messages on bananas? Write a secret message with a toothpick. By lunchtime, the message appears. Cute surprise for your kids or sweetie.



Storage Tips

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

Melons: Whole ripe melons can be stored in the refrigerator. Once cut, they should be sealed in an airtight container or wrapped tightly & stored in the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

Kale - Refrigerate in plastic bag; do not wash until ready to use.

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

Yellow Squash: Store in the crisper drawer of your refrigerator. Wash just before use.