

Grilled Lettuce

*1 head Lettuce *1-2 tsp. olive oil *salt *1-2 tsp. balsamic vinegar

Heat a gas or charcoal grill to medium-high heat. While the grill heats, trim any browned edges from the stem of the lettuce. Cut the lettuce in half lengthwise. Rub or brush the entire halves with oil. Set the lettuce cut-side down on the grill. Cook until the edges are well browned, about 4 minutes. Turn, sprinkle the cooked cut-side with salt & cook until the entire lettuce is nicely browned & wilted, about 4 more minutes. Remove the lettuce from the grill. Transfer to a serving platter & drizzle with balsamic vinegar. Serve hot, warm, or at room temperature.

Broccoli & Bok Choy Stir-Fry

*2 Tbsp. vegetable oil *1 medium onion, thinly sliced *1 Tbsp. freshly grated ginger root *2 cloves garlic, minced *1/2 tsp. salt *1/4 tsp. red pepper flakes *3 cups sliced broccolini *1 1/2 lbs. bok choy, coarsely chopped *2 Tbsp. lemon juice *1 1/2 tsp. sugar

Heat oil in a large skillet or wok over medium-high heat. Add onion, ginger, garlic, salt & red pepper flakes; stir-fry for 2 minutes. Add in broccolini & bok choy; stir-fry for 1-2 minutes. Add lemon juice & sugar; stir-fry 3 minutes or until crisp-tender.

Delicious Salad (step up your traditional salad)

*1 head lettuce *1/2 head bok choy (thinly chopped) optional *1/4 cup cooked chickpeas *2 Tbsp. sunflower seeds *1 Tbsp. agave *1/4 cup green olives, pitted & halved *1/4 cup olive oil *1 Tbsp. Balsamic vinegar *1/4 tsp. salt

Remove the cores from the lettuce & bok choy (optional) & slice into thin strips. Transfer to a large bowl filled with ice water. Soak for ten minutes & then drain. Dry in a salad spinner or between tea towels. Meanwhile, add olive oil, balsamic vinegar, agave & salt to a medium bowl. Whisk until well combined. Add lettuce, bok choy, green olives, chickpeas & sunflower seeds to a large bowl. Toss until well combined. Drizzle lightly with dressing & season to taste. Serve immediately & enjoy! (Note: Bok Choy is not just for a stri-fry. Many people also like it in a salad).

Grilled Rainbow Carrots with Basil Vinaigrette

*6 rainbow carrots *1/2 Tbsp. olive oil *1 1/2 Tbsp. apple cider vinegar *1 Tbsp. dried basil *1/8 cup olive oil *salt & pepper

Preheat grill over medium-high heat. Wash & slice carrots in half lengthwise. Toss carrots with oil & grill for 5 minutes. Flip, cover with an aluminum foil & grill for another 5 minutes. The carrots will be cooked, but still crunchy. Meanwhile blend the vinegar, basil, olive oil, salt & pepper to create the vinaigrette. Serve drizzled over the carrots.

Vegan Eggplant Balls (Yum!)

*1 medium eggplant, diced *1 clove garlic, peeled *1 small onion, minced *1/8 tsp. salt *pepper *1 1/2 tsp. olive oil *3/4 cup whole wheat breadcrumbs *1/2 tsp. dried oregano *1/4 tsp. dried parsley

Preheat oven to 400°F.

On a large cookie sheet, combine eggplant, garlic, onion, a pinch of salt (optional), pepper & olive oil. Roast for 30-40 minutes, until edges are browned. Once eggplant is removed from the oven, lower the temperature to 350°F. In a large food processor (10-cup) combine roasted eggplant mixture with 1/2 cup of breadcrumbs & the rest of the spices. Pulse until ingredients are just combined. Scrape down the sides of the food processor & add the other 1/4 cup of breadcrumbs. Continue to pulse until mixed. Avoid over-processing, when possible. When complete, the mixture should easily adhere into balls. (Note: Over-processing the eggplant mixture and breadcrumbs can make the mixture extra sticky & you may have difficulty forming balls.) Form the eggplant & breadcrumb mixture into 1- or 2-inch balls, based on personal preference. Per eggplant, you should yield about 12-16 balls. Place on a large baking sheet & bake for 30 minutes, rotating halfway through. Remove from the oven & top with marinara sauce (or your favorite sauce!

Storage Tips

Nectarines: **Store nectarines** at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place **nectarines** in a paper bag and **store** at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

Rainbow Carrots - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Broccolini - To **store**, mist the unwashed heads, wrap loosely in damp paper towels & refrigerate. You can also store unwashed broccolini in a plastic bag in the refrigerator.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in the plastic bag. Store in the crisper drawer of the refrigerator

Bok Choy: **Store bok choy** in a plastic bag in the crisper section of your refrigerator for up to a week. Wash immediately before serving.