

Recipe:

- 1** Preheat oven to 450°F. While its heating, peel and cut the beets, carrots, and sweet potatoes into 1-inch pieces. Then, peel and cut the onions into 1-inch quarters.
- 2** Clean and finely chop the parsley, rosemary, dill, and thyme. Set aside.
- 3** Add the beets, sweet potatoes, carrots, and onion to a baking sheet.
- 4** Drizzle with olive oil, then add salt, pepper, parsley, rosemary, dill, and thyme. Toss in the baking sheet to fully coat the vegetables.
- 5** Place the baking sheet into the oven for 20-25 minutes or until tender.
- 6** Drizzle honey over the almost cooked veggies and place back in the oven for three minutes to liquify the honey. Pull out and serve warm.

Prep Time: 15 Minutes
Cook Time: 25 Minutes
Total Time: 40 Minutes
Servings: 4

Ingredients:

<i>1/3 cup olive oil</i>	<i>2 onions (chopped)</i>
<i>4 carrots (chopped)</i>	<i>4 beets (chopped)</i>
<i>2 sweet potatoes</i>	<i>1 tblsp parsley (chopped)</i>
<i>1 tblsp rosemary (chopped)</i>	<i>1 tblsp thyme (chopped)</i>
<i>1 tblsp dill (minced)</i>	<i>Salt & pepper</i>
<i>3 tblsp honey</i>	

HONEY ROASTED BEETS, CARROTS, AND SWEET POTATO



Nutritional Information:

Calories: **340kcal** | Carbohydrates: **43g** | Protein: **4g** | Fat: **18g** | Saturated Fat: **2.5g** | Cholesterol: **0mg** | Sodium: **651mg** | Fiber: **7g** | Sugar: **25g**

Recipe:

- 1** In a large bowl, toss together all the salad ingredients.
- 2** In a small bowl, whisk together all the vinaigrette ingredients. Drizzle vinaigrette over the salad and toss. Serve immediately.

Prep Time: 5 Minutes
Cook Time: 20 Minutes
Total Time: 25 Minutes
Servings: 4-6

Ingredients:

For the salad:

Mixed greens & spinach *2 apples (sliced)*
1/3 cup cranberries *1/2 cup gorgonzola cheese (crumbled)*
1/2 cup walnut pieces *Parsley (chopped)*
4 garlic cloves (minced)

For the vinaigrette:

1/4 cup olive oil *1/4 cup apple cider vinegar*
1/2 tsp Dijon mustard *1/4 tsp garlic powder*
1/4 tsp dried oregano *1/4 tsp dried basil*
1/4 tsp black pepper *2 tblsp sugar*

APPLE WALNUT CRANBERRY SALAD



Nutritional Information:

Calories: **347kcal** | Carbohydrates: **23g** | Protein: **5g** | Fat: **27g** | Saturated Fat: **5g** | Cholesterol: **10mg** | Sodium: **206mg** | Potassium: **208mg** | Fiber: **3g** | Sugar: **16g** | Vitamin A: **155IU** | Vitamin C: **4mg** | Calcium: **94mg** | Iron: **0.8mg**

Recipe:

1

Boil a large pot of water, salt generously, and then add the collard greens. Blanch for 2 minutes using a slotted spoon or a skimmer, then transfer to a bowl of cold water and drain. Squeeze out excess water and cut crosswise into thin ribbons.

2

Heat the olive oil over medium heat in a large frying pan and add the onion. Cook, stirring often, until tender and translucent. After 5 minutes, add salt, red pepper flakes, and garlic. Cook, stirring, until the garlic is fragrant (about 1 minute) and add collard greens, salt, and pepper. When the greens begin to sizzle, turn the heat to low, cover and simmer for 5 minutes. Add ½ cup water, cover, and continue to simmer for another 5-10 minutes, stirring often, until the greens are tender. Taste to adjust seasonings.

3

Meanwhile, cook the pasta. Bring the water in the pot to a boil and add the pasta. Cook to preference.

4

Before draining the pasta, ladle ½ cup of the cooking water from the pot into the frying pan with the collard greens and onions. Drain the pasta and toss with the greens. Serve, topping each serving with Parmesan.

Ingredients:

<i>Collard greens (stemmed)</i>	<i>2 tblsp extra virgin olive oil</i>
<i>1 onion (sliced)</i>	<i>2 garlic cloves (sliced)</i>
<i>¼ tsp red pepper flakes</i>	<i>8-12 oz pasta (any shape)</i>
<i>½ cup water</i>	<i>Salt & pepper</i>
<i>1-2 oz Parmesan cheese</i>	

Prep Time:	10 Minutes
Cook Time:	20 Minutes
Total Time:	30 Minutes
Servings:	4

COLLARD GREENS AND ONION PASTA



Nutritional Information:

Calories: **383kcal** | Carbohydrates: **57g** | Protein: **14g**
| Fat: **11g** | Saturated Fat: **6g** | Sodium: **372mg** |
Fiber: **3g** | Sugar: **3g**

Recipe:

- 1** Add butter (or olive oil) to heavy nonstick pan and heat over medium high heat until melted and foamy.
- 2** Add onion and garlic to pan. Cook for five minutes, stirring occasionally to prevent burning.
- 3** When onion is slightly browned and fragrant, add zucchini to pan. Season well with salt, pepper, and herbs.
- 4** Sauté until softened and browned for another 8-10 minutes. Serve immediately.

Ingredients:

<i>Summer squash</i>	<i>Zucchini</i>
<i>Garlic, diced</i>	<i>Salted butter</i>
<i>Onion, diced</i>	<i>1 tsp sea salt</i>
<i>1 tsp black pepper</i>	<i>1 tsp Italian herbs</i>

Prep Time:	5 Minutes
Cook Time:	15 Minutes
Total Time:	20 Minutes
Servings:	4

SAUTEED ZUCCHINI AND SUMMER SQUASH



Nutritional Information:

Calories: **113kcal** | Carbohydrates: **8g** | Protein: **2g**
| Fat: **9g** | Saturated Fat: **6g** | Cholesterol: **23mg** |
Sodium: **654mg** | Fiber: **2g** | Sugar: **4g**

Recipe:

- 1** Sauté the onions in a pot with a little oil until slightly caramelized. This should take 10 minutes.
- 2** Add the carrot, celery, garlic, ginger, sesame oil, and broth. Season to taste with salt and pepper.
- 3** Bring to boil then simmer for 30 minutes.
- 4** Strain the veggies from the broth.
- 5** Add a handful of green onions and thinly sliced mushrooms to bowls. Ladle the soup on top.
- 6** Add a splash of soy sauce or sriracha to taste.

Ingredients:

<i>6 cups vegetable broth</i>	<i>2 onions (diced)</i>
<i>1 celery (diced)</i>	<i>1 carrot (peeled, diced)</i>
<i>1 tblsp garlic (minced)</i>	<i>½ tsp ginger (minced)</i>
<i>1 tsp sesame oil</i>	<i>1 cup button mushrooms (thinly sliced)</i>
<i>½ cup green onions (sliced)</i>	<i>Salt & pepper</i>
<i>Soy sauce</i>	

Prep Time:	10 Minutes
Cook Time:	30 Minutes
Total Time:	40 Minutes
Servings:	6

JAPANESE CLEAR ONION SOUP



Nutritional Information:

Calories: **24kcal** | Carbohydrates: **2g** | Protein: **2g** | Fat: **1g** | Saturated Fat: **1g** | Sodium: **862mg** | Fiber: **1g** | Sugar: **1g** | Vitamin A: **83IU** | Vitamin C: **18mg** | Calcium: **20mg** | Iron: **1mg**