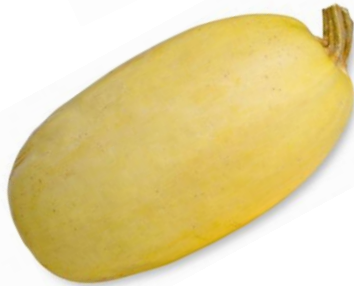


RECIPES

SAUTÉ



Sautéed Bok Choy with Mushrooms

Serves 4-6

Ingredients

- 1.5 pounds bok choy, trimmed and cut into 1" strips
- 1 cup mushrooms, sliced
- 1 clove garlic, diced
- 1-2 teaspoons sesame or olive oil
- Soy sauce or salt
- Red pepper flakes (optional)

Directions

1. Cook garlic in oil on medium-low for 1 minute.
2. Add mushrooms and cook until soft, ~2 minutes.
3. Mix in bok choy, sprinkle with water and stir-fry another 2 minutes, until soft.
4. Remove from heat, add soy sauce or salt and red pepper flakes.

ROAST

Roasted Spaghetti Squash with Melted Leeks

Serves 8 large servings, makes about 8 cups

Ingredients

- 1 medium spaghetti squash
- 4 medium leeks
- Olive oil for brushing
- Salt and pepper to taste
- Herbs and/or grated cheese (optional)

Directions

1. Preheat oven to 375°F and oil a baking pan.
2. Slice squash in half lengthwise, remove pulp and seeds and place face down in prepared baking pan.
3. Trim leeks at root and where dark green starts, cut in half lengthwise, rinse and brush all over with olive oil. Place in pan alongside squash and season with salt and pepper.
4. Bake for 30-45 minutes, until squash and leeks are soft. Leeks may need to be sprinkled with water during cooking to keep moist.
5. Let squash cool slightly then scoop out "spaghetti". While squash is cooling, slice leeks and add to squash once served. Top with grated cheese and/or herbs (optional).

Keep it RAW



Asian Snap Pea & Turnip Slaw

Serves 6-8

Ingredients

- 2 medium salad turnips*, thinly sliced
- 2 medium carrots, grated
- 2 cups sugar snap peas, thinly sliced
- ¼ cup scallions (green onion), diced
- ¼ cup rice vinegar
- ¼ cup vegetable oil
- 1 tsp sesame oil
- 1 tablespoon honey or agave syrup
- ½ tsp salt
- ¼ cup toasted peanuts or cashews (optional)

**Daikon radish or kohlrabi can be used in place of turnip*

Directions

1. Toss turnip sliced with carrots and snap peas.
2. Whisk together vinegar, oils, honey or agave and salt. Pour over vegetables a mix thoroughly.
3. Toss in scallions and nuts.

REINVENT



Kale Chips

Serves 6

Ingredients

- 1 bunch kale
- 2 teaspoons olive oil
- ½ teaspoon salt*

Directions

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. Remove the thick stems of the kale from the leaves and chop leaves into bite sized pieces. Wash and dry kale thoroughly then toss with olive oil and sea salt.
3. Bake until edges are browned, but not burned, about 10-15 minutes.

**In addition to or in place of salt, try herbs and spices such as paprika, cumin, basil, or cayenne.*

GRILL



Grilled Beets and Asparagus

Ingredients

- Beets, peeled and sliced into ¼ inch pieces
- Asparagus spears, trim white end
- Olive oil to brush, drizzle or toss
- Salt to taste
- Balsamic vinegar (optional)

Directions

1. Heat a grill pan to medium hot.
2. Brush, drizzle or toss beets and asparagus with olive oil and place on hot grill. Cook until slices are golden brown, about 5-7 minutes (beets), 2-3 minutes (asparagus) on each side.
3. Sprinkle with salt/or balsamic vinegar to taste (optional).