

Garden Recipes

...from the Troy Kids' Garden and Goodman Youth Farm



www.communitygroundworks.org

Strawberry Mint Smoothie

Ingredients:

6-8 large strawberries, hulled and quartered

4-6 leaves of Mint

1/2 cup low-fat vanilla yogurt

1/2 cup milk

1 teaspoon vanilla extract

1 tablespoon sugar (more or less, to taste)

6-7 ice cubes

Directions:

In a blender, blend together all ingredients. Serve cold in chilled glasses.

Peanut Dipping Sauce

Ingredients:

2 cloves of garlic (I used garlic scapes)
4tbs smooth unsalted peanuts butter
¼ teaspoon dried ground ginger (or you could use fresh)
¼ teaspoon red pepper flakes (feel free to add more or less)
2 tbs rice vinegar
1tbs soy sauce
4tbs water
2tbs honey

Directions:

Add everything to the food processor and whirl away! You want a nice smooth consistency- thick enough to stay on veggies but not “peanut butter thick”

Garden Spring Rolls

Ingredients:

10-12 rice paper wraps
1 package rice noodles
carrots
lettuce/kale/greens
kohlrabi
cilantro
mint
basil
zucchini

sesame soy sauce

2 tbs sesame oil
3 tbs soy sauce
2 tbs rice vinegar

Directions:

1. Prepare rice noodles ahead of time--in warm water
2. Chop veggies and herbs (used peeler for carrot and grater for zucchini)
3. Mix the sauce ingredients together in a separate bowl
4. Use a shallow bowl or plate for water--to soak rice wrapper in--
5. When wrapper is soft, build the inside to your liking!
6. Add sauce and wrap'em up!

Beet Ice Cream

Ingredients:

- 2 med size beets (roasted beforehand)
- 1 small orange
- 1 cup vanilla yogurt
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup half and half

Directions:

1. (wrap the beets in foil and roast in oven 450 degrees for 45 min) Remove. When cool - or next day with kids peel off skins.
2. Place beets, juice of the orange and a little orange zest in bike blender until just blended.
3. Add sour cream, sugar and half and half. Puree until mixture is smooth and combined.
4. Remove lid from ice ball add ice and EIGHT tablespoons of salt. Open ice cream area--> put ice cream mix in.
5. Shake around for 10 to 15 min. Check on the ice cream every so often and add ice/salt when needed.

Strawberry Jam

Ingredients:

- 2 cups strawberries (hulled and crushed)
- 2 cups sugar
- 2 tbs lemon juice
- 2 teaspoon cornstarch

Directions:

1. Add sugar and lemon juice in the saucepan at low heat. Cook for 10 min.
2. Add the strawberries. The mixture should be liquid form. Crank up the heat and cook for another 10 to 20 min.
3. Add cornstarch if need be $\frac{1}{8}$ teaspoon at a time.
Serve!
4. Put extras in the freezer or fridge if using right away.

Broccoli Balls

Ingredients:

2-3 heads broccoli

2 cups crushed seasoned stuffing (we used Italian bread crumbs)

1 cup grated Parmesan cheese

1/2 cup butter

1/2 tsp salt

1/4 tsp pepper (we just eye-balled the salt & pepper!)

Directions:

1. Chop broccoli.
2. Mix all ingredients.
3. Shape into 1" balls and put on aluminum foil.
4. Bake in sun oven for 10-20 minutes (depending on the day)

Kale Quesadillas

Ingredients:

2 bunch of kale
4 sprigs of oregano
1 onion
1 tbs olive oil
1 tea salt
tortillas
2 tbs cream cheese

Directions:

1. Harvest Kale, and oregano from garden. Rinse in sink.
2. Chop spring onions and Kale into small pieces.
3. Mince oregano and other herbs.
4. Heat oil in a pan.
5. Add spring onions and sauté for two min. Add oregano and kale. Cook until tender. Mix with cream cheese.
6. Spread cream cheese on half tortilla
7. Heat oil in pan and cook quesadillas till crispy (or solar oven?)

Garden Coleslaw

Ingredients:

½ or 1 head of cabbage
3-4 carrots
2 kohlrabi
1tbs mint, basil
2tbs olive oil
3tbs rice vinegar
2tbs mayo
½ teaspoon mustard seed
3tbs raisins
2 teaspoons poppy seeds

Directions:

1. Chop all the good up. Try to make the pieces as small as possible
2. Whisk the dressing together and add mint or other herbs to dressing.
3. Put it all in a big bowl and toss.
4. Can keep in the fridge to let it soak in.

Apple Crisp

Ingredients:

2 Cups apples, thinly sliced

$\frac{3}{4}$ Cup sugar (or $\frac{1}{2}$ the amount of honey)

$\frac{1}{3}$ tsp salt

1 tsp cinnamon

2 Tbsp lemon juice

Mix above ingredients, and put in pan. Then add topping.

Topping:

1 Cup oats

1 Cup sugar (or $\frac{1}{2}$ the amt of honey)

1 Cup flour

$\frac{1}{4}$ tsp salt

$\frac{1}{2}$ Cup butter

Experiment by adding “sweet” veggies such as kohlrabi, sweet peppers, or herbs.

Tomatillo Dressing

Ingredients:

$\frac{3}{4}$ lb tomatillos

$\frac{1}{2}$ Onion, finely chopped

$\frac{1}{2}$ hot pepper

$\frac{1}{4}$ Cup cilantro, chopped

$\frac{1}{4}$ Cup oil

$\frac{1}{4}$ Cup lime juice

$\frac{1}{2}$ tsp salt

3 Tbsp honey

Blend all ingredients together finely.

Taste and modify as desired.

Green Garlic & Basil Pesto

Ingredients:

1 bunch green garlic

10-15 chives

1 Tablespoon dried basil, finely crushed

2-3 Tablespoons Olive oil

2-3 Tablespoons grated parmesan cheese

Pinch salt

Directions:

Chop green garlic and chives into small pieces.

Crush basil finely with fingers

Grate parmesan

Add all ingredients to blender.

Mix well!

Herb Butter with Spring Greens

Ingredients:

1 bunch chives

1 Tablespoon dried basil, finely crushed

½ cup unsalted butter, softened

Pinch salt

1 bunch dandelion greens, lambs quarters, or spinach

Sliced bread, to serve

Directions:

Chop chives into tiny pieces

Crush basil **very** finely with fingers

Mix chives, basil, and salt into butter – mix until fluffy!

Spread herbed butter onto sliced bread

Wash and chop greens into 1-2 inch pieces

Layer greens artfully onto buttered bread.

Green Garlic Hummus

Ingredients:

2 cans chick peas

1 bunch chives, chopped fine

2 Tablespoons dried basil, finely crushed

½ bunch green garlic, chopped fine

2 Tablespoons olive oil

Juice from one lemon

¼ Cup Tahini

Pinch salt, to taste

Sliced bread, crackers, or greens - to serve

Directions:

1. Combine all ingredients in blender and go to town!
2. Add water by tablespoons if it needs help mixing.
3. Layer artfully onto bread or greens.

Garden Fit Drop Biscuits

Ingredients:

1 cup white whole wheat flour
1 and ½ teaspoons baking powder
½ teaspoon salt
¼ cup mozzarella cheese
1 tablespoon dried dill weed
2 Tbs garlic
2 tablespoons butter
½ cup almond milk (or regular milk)

Directions:

1. Put solar oven out
2. In a medium bowl, combine the flour, baking powder, salt, Parmesan cheese, and dill weed.
3. In a separate bowl, combine the buttery spread and milk.
4. Add the wet ingredients to the dry ingredients and mix into dough.
5. Lightly spray a muffin tin with nonstick cooking spray.
6. Drop dough into pan fit for solar oven
7. Sprinkle with a little additional parmesan cheese and/or dill weed (optional).
8. Bake for 50min in solar oven

Zucchini Bread Raspberry Pancakes

Ingredients:

2 cups shredded zucchini (from 1 medium zucchini)	2 large eggs
1 cup raspberries	1/2 cup low-fat milk
1/2 cup all-purpose flour	3 tablespoons olive oil
1/2 cup whole-wheat flour	1 teaspoon vanilla extract
1/4 teaspoon table salt	2 tablespoons granulated sugar
1 teaspoon baking powder	Cooking spray for coating skillet
1/4 teaspoon baking soda	1/2 cup toasted pecans, chopped
1 teaspoon pumpkin pie spice blend	

Directions:

1. Shred zucchini
2. Whisk flours, salt, baking powder, baking soda and spices together in a large bowl.
3. Beat eggs, milk, oil, vanilla and sugar in another bowl. Pour wet ingredients into the dry ingredients and mix until just combined (do not over mix). Fold in zucchini and raspberries
4. Heat a large skillet or griddle over medium heat. Once hot, coat the bottom with cooking spray. Using a 1/4-cup of batter for each pancake spread 4-inch circles on the pan and cook until edges are dry, about 2-3 minutes. Flip and cook until golden, another 1-2 minutes. Repeat with remaining batter.

Sauerkraut

Ingredients:

Cabbage

salt

Directions:

1. Cut cabbage in half, cut out the core, slice into very thin pieces.
2. Put pieces in a large bowl and mix a fair amount of salt in and let sit for 30 minutes or so until it starts to sweat.
3. Pack tightly into 2 mason jars pressing down with a wooden spoon. Pour water into the jar to completely cover the cabbage. Put rings and lids on the jars. Don't seal too tightly, let some air escape.
4. Keep jars out on the counter while they start to ferment.
5. Taste every so often until it is to your liking. You will need to top off the water periodically so that mold doesn't grow on the cabbage. If mold does appear, just scrape it off and top off with water again.

If you want to read more about the process see this article
from the Willy St. Co-op Reader:
<http://www.willystreet.coop/article/3914>

Variations: add carrots, kale, radishes or other veggies in
with your sauerkraut.

Pickled Kale

Ingredients:

1 cup boiling water

1/4 cup white vine vinegar or white vinegar

3 tbsp vegetable oil

3 tbsp sugar (or 4 tbsp honey as a vegetarian option)

1 tbsp salt

Directions:

1. Set sugar and salt aside and massage them into kale.
2. Wash kale leaves, discard the stems, and shred the kale.
3. Massage in salt and sugar; relocate into the jar
4. Pour the marinade over in layers: one half of kale - one half of marinade, then add the remaining kale and the other half of marinade.
5. Press the kale into the jar so that there is no air left between the shredded leaves. Put the jar into fridge. It is ready right away, and tastes even better the day after.

Dilly Pickled Garlic Scapes

Ingredients:

3 lbs fresh garlic scapes, grassy tops removed

16 heads fresh dill

A sprinkle of dried dill seed

A few garlic cloves if you feel like adding them

1/2 cup canning or pickling salt

4 cups white vinegar (5% acidity)

4 cups water

8 small piquin chiles or other hot, dried smoked peppers
(optional)

Whole peppercorns

Directions:

1. Makes about 8 pints (I used a combination of pint and half-pint jars)
2. Wash and dry the scapes.
3. Working with sterilized jars, place 2 dill heads, a sprinkling of dill seed, a few peppercorns, a chile and, if using, the garlic cloves, into each jar. Place the

scapes inside the jars, packing them tightly but leaving about ½ inch at the top.

4. In a large saucepan combine the vinegar, water and pickling salt over medium heat. Stir well to dissolve the salt, and bring to a boil. Pour hot liquid over the scapes, again leaving about ½ inch at the top.

Easy Refrigerator Pickled Beets

Be sure to roast or boil beets the night before to make this recipe quick and easy.

Ingredients

- 1 quart beets, roasted
- 1/4 teaspoon whole cloves
- 1/2 teaspoon whole allspice
- 1 cinnamon sticks
- 2/3 cup sugar, organic
- 1 cup cider vinegar
- 1 cup water
-

Directions

1. Bring to a boil: water, vinegar, spices & sugar.
2. Peel roasted beets. Cut into quarters or slices. Pack into clean quart jar.
3. Pour hot brine over beets in jar. Cover beets completely (add filtered water if needed).
4. Store in fridge for 3-4 days, then enjoy.

Basil + Tomato Skewer

Ingredients:

Cherry Tomatoes

Fresh Mozzarella balls

Basil leaves

Toothpicks

Directions:

1. Thread one tomato, one mozzarella ball and one or two basil leaves onto a toothpick.
2. Arrange nicely on a plate and eat in one bite!

Raspberry Beet Smoothies

Ingredients:

5-6 small/medium beets (boiled and peeled)

2 cups raspberries (fresh or frozen)

1 quart of yogurt (we used blueberry)

$\frac{3}{4}$ cup of juice (we used orange)

Directions:

1. Prepare beets by boiling until soft, then peel and chop
2. Dump all delicious ingredients into amazing hand-crank blender
3. Blend! Kids love this stuff!!!

Herbed Cream Cheese

Ingredients:

1 pint of cream cheese

herbs (we used mint, basil, chives, and fennel)

onion

zucchini

Directions:

1. Chop herbs, onion, and $\frac{1}{3}$ cup of zucchini very fine
2. Mix into cream cheese
3. enjoy with crackers, zucchini slices, or other available veggies!

Refrigerator Pickles

Ingredients:

Pint mason jars with lids and bands

Dill seed/leaf (fresh from the garden or bought from the store)

Salt

Mustard seed

4/5 Pickling or slicing cucumbers

2/3 cloves Garlic

2 cups Vinegar

4 cups Water

Directions:

1. Cut up cucumbers and put in a large bowl. (Spears, rounds, etc.)
2. Peel and chop garlic (can put in whole if desired).
3. Sprinkle salt and dill over cucumbers. (approx. 1TB of salt and 1 tsp. dill seed for each 3 cukes) Toss to coat the cucumbers.
4. Add ½ tsp. of mustard seed, a few peppercorns and a pinch of garlic into their containers.

5. Fill their mason jars with cut up cucumbers, add brine. Put on lids and shake.

The pickles will taste best if they leave them in the fridge over night before eating them. They will last 2 weeks or so. After using up the cucumbers in the container you can cut up more cucumbers and put the in the same brine.

Juicing Veggies

Materials Needed: Electric juicer, veggies, cups

Try juicing various vegetables and tasting the juice alone and mixing it with others.

Apple Crisps Juice

Apples - 5 medium
Celery - 2 stalk, large
Oranges (peeled) - 2
fruit

Orange 1 large
Spinach 5 handfuls
Lemon ½ fruit with
rind
Ginger Root ¼ thumb

Summer Garden Green Juice

Apple 3 medium
Celery 4 stalks large

Broccoli Sunrise

Broccoli 1 stalk
Carrots 4 large

Can't Beet It

Apple 2 medium

Beet 1 medium

Carrots 4 medium

Celery 3 stalks

Cucumber ½

Ginger Root ½ Thumb

Fresh Basil Pesto Recipe

Prep time: 10 minutes

Ingredients

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup walnuts (optional)
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste
- *Special equipment needed: A food processor*

Directions:

1 Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

2 Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

Yield: Makes 1 cup.

Fresh YGLF Garden Salsa

Ingredients

4 large tomatoes, diced
1/2 large onion, minced
3 cloves garlic, chopped
2/3 cup chopped fresh cilantro
2 peppers, seeded and minced
2 tablespoons fresh lime juice
salt and pepper to taste

1. In a small mixing bowl, combine tomatoes, onion, garlic, cilantro and lime juice. Salt and pepper to taste. Enjoy!

Pizza Pockets

Ingredients:

pita bread

cheese

pesto

sliced tomatoes (cherries are great for the outside of the pocket)

toothpicks

Directions:

1. Make pesto from the garden.
2. Cut pita into single layers and then into smaller pieces. Spread on pesto, sprinkle some cheese and add a tomato slice.
3. Roll up pita piece and spear with a toothpick to keep it in a roll.
4. Put cherry tomatoes on the toothpick and eat!

Grilled Garden Pesto Pizza

Ingredients:

1 pita bread

4 tbs cheese

2 tbs Garden Pesto

Basil or other herbs

Parmesan cheese

Olive oil, salt, pepper

Veggies from garden

Directions:

1. Make fire from grill
2. Make pesto from the garden.
3. Chop veggies and shred cheese
4. Spread pesto on pita bread, sprinkle some cheese and add any veggies from garden.
5. Place pita on pizza tray and place into fire
6. Take pizza out of fire when ready, eat and enjoy!

Crispy Kale Chips

Ingredients:

2/3 bunches of kale

salt, olive oil, pepper to taste

Directions:

1. Harvest kale, dry them in a salad spinner. If there is moisture on the leaves, the kale will steam, not crisp.
2. Put olive oil and pepper on the kale and put in solar oven for about 20-25 min.
3. Add salt once the kale becomes crispy

Have fun with this recipe; I sometimes mix the salt with Cajun or Creole seasoning.

Toasted Garlic Bread

Ingredients:

Italian or French Bread

Garlic

Butter or olive oil

Directions:

1. Preheat oven (or Sun Oven) to 350F.
2. Slice bread (either in half lengthwise or in pieces) and toast in the oven or toaster until crispy. (Approx. 8 minutes)
3. Chop garlic.
4. If using butter melt in a pan or the oven.
5. Mix chopped garlic in a bowl with the melted butter or olive oil.
6. Spread onto toasted slices and put in oven to heat up and toast the bread more. (5-8 minutes)
7. Remove and serve!

Beet-Berry Smoothies

Ingredients:

3 beets, roasted, instructions below

2 cups frozen blueberries

1 banana

2 cups 100 percent fruit juice (black cherry, berry, cranberry or apple)

Directions:

1. Beforehand roast beets
2. Place all ingredients in the blender. Blend well. Makes 6 one-cup servings.

Apple Salsa

Ingredients:

- 4 - 6 medium apples
- 1/4 cup lime juice (about 2 limes)
- 1 cup finely chopped onions
- 1 cup finely chopped green pepper
- 1 finely chopped jalapeno
- 2 cloves garlic, minced
- 1/3 cup chopped fresh cilantro
- 3 Tablespoons cider vinegar
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 Tablespoon vegetable oil

Directions:

1. Core and dice apples into 1/4 inch cubes (do not need to peel). Toss immediately with lime juice.
2. Stir in remaining ingredients; chill.
3. Serve with chips

Suggested apple varieties to use: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious, or Rome.

Herb Dip

Ingredients:

2 (8-oz.) blocks of cream cheese, softened

1 cup plain yogurt or buttermilk

1/2 C. fresh chives, chopped

1/4 C. fresh parsley

2 T. fresh herbs, e.g., mint, basil, rosemary and fennel

1 tsp. salt

1/2 tsp. pepper

2-4 garlic cloves, minced

Assorted fresh vegetable for dipping: zucchini, summer squash, kohlrabi, carrots, cherry tomatoes, peppers, radishes, beets, etc.

Directions:

1. Chop herbs and onion very fine
2. Blend cream cheese and yogurt (thin with milk if needed)
3. Slice fresh vegetables into individual portions, e.g., sticks, cubes, slices

4. Serve dip in small bowls or on a plate with lots of fresh vegetables and homemade pita

chips*!

*For pita chips, cut pita bread into 8 wedges. Brush with olive oil mixed with garlic and salt. Bake at 375 degrees for 10-12 minutes, or until crisp.

Chard Quesadillas

Ingredients:

3 T. vegetable oil

1 onion, chopped (about 1 cup)

2 cloves garlic, minced

1/2 jalapeno chile pepper, minced (wear gloves)

1/2 tsp. oregano

2 bunches Swiss chard, stems trimmed (12 oz.)

8 tortillas

2 cups grated cheese

Directions:

1. Heat 2 Tablespoons oil in large skillet or pot over medium heat. Add onion and sauté for 5 minutes or until golden.
2. Stir in garlic, chile, oregano and sauté 2 minutes.
3. Stir in chard. Cover; reduce heat to medium low and steam 5 minutes, or until chard wilts.
4. Uncover and cook 3 minutes, or until liquid has evaporated.

5. Heat 1 Tablespoon of oil in skillet over medium heat. Place tortilla in pan and add 1/2 cup cheese. Top with 1/4 of chard mixture and second tortilla. Cook for 2 minutes per side, or until browned. Repeat with remaining tortillas and fillings to make 4 quesadillas.

Slice into wedges and serve with salsa.

Pumpkin Pie Pancakes

Ingredients:

1 cup All-Purpose Flour	1 cup buttermilk, evaporated milk or whole milk
1 teaspoon baking powder	1/2 cup pumpkin puree*
1 teaspoon baking soda	2 large eggs
1 tablespoon pumpkin pie spice	1 tsp. vanilla extract
1/2 teaspoon salt	1/4 cup Oil
2 tablespoons sugar	

How to make pumpkin puree

Set oven to 400F. Wash pumpkin well and place on a baking sheet lined with foil or parchment paper (no need to wait for the oven to preheat). Roast for 60 - 90 minutes or until soft. Let it cool then scoop out the seeds. Put flesh into a blender and puree until smooth. Refrigerate until ready to use.

Directions:

1. WHISK flour, baking powder, baking soda, pumpkin pie spice, salt and sugar in a large bowl. Whisk in buttermilk, pumpkin, eggs, oil and vanilla until well blended.
2. SPRAY a large nonstick griddle or skillet with no-stick cooking spray. Heat over medium heat.

3. POUR 1/3 cupfuls of batter onto the skillet, working in batches. Cook until bubbles form on surface of pancakes and bottoms are lightly browned, about 1 1/2 minutes per side. Repeat with remaining batter, spraying skillet with no-stick cooking spray between batches as needed.
4. SERVE warm with applesauce, yogurt, raisins and maple syrup.

Red, White, and Blue Potato Salad

Ingredients

2 cups fingerling potatoes,
halved lengthwise

2 cups small red potatoes,
quartered

2 cups small blue potatoes,
halved lengthwise

1/4 cup finely chopped red
onion

2 tablespoons chopped fresh
parsley

1 tablespoon chopped fresh
chives

3 hard-cooked large eggs,
finely chopped

1/4 cup red wine vinegar

2 tablespoons olive oil

1 1/4 teaspoons salt

2 teaspoons Dijon mustard

1/2 teaspoon freshly ground
black pepper

1 garlic clove, minced

Directions

1. Place fingerling and red potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain; cool slightly. Place potatoes in a large bowl.
2. Place blue potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender. Drain; cool slightly. (Note: I cooked whole potatoes ahead of class then had kids cut them into smaller pieces -- easy to do with plastic knives!)
3. Add blue potatoes, onion, parsley, dill, chives, and eggs to bowl; toss gently.

4. Combine vinegar and remaining ingredients. Pour over potato mixture; toss gently to combine. Serve warm, at room temperature, or chilled.

Note: Blue potatoes are starchier than the others and tend to bleed, so cook them separately. If you need to, prepare this dish a day ahead, but add the blue potatoes just before serving. If your potatoes are larger than the ones we call for, cut them to a uniform size.

Balsamic Swiss Chard Egg Scramble

Ingredients:

1 teaspoon butter or olive oil
3 teaspoons of balsamic vinegar
1 tablespoon diced yellow onion
 $\frac{3}{4}$ cup of Swiss chard
 $\frac{1}{4}$ cup shredded parmesan cheese
salt and pepper to taste

Directions:

1. Add the eggs to a bowl and whisk them together. Season with salt and pepper and set aside.
2. In a sauté pan, heat the butter until just melted. Add the onion, and chard. Sauté for about 3 minutes. Add balsamic and cook for a bit longer.
3. Pour in the whisked eggs. Allow the eggs to cook for a minute or so and then scramble them with a spatula until cooked thoroughly.
4. Sprinkle some cheese on top. Remove from the heat and let stand for about 30 seconds to allow the cheese to melt more. Then eat it up!

Beet Sliders

Ingredients

2 small beets, trimmed and greens discarded
1/2 small onion
1/2 sweet potato, sliced into large rounds
2 tbsp. vegetable oil
1/2 tsp. garlic powder
1/2 tsp. Cajun seasoning (or your favorite seasoning mix)
Salt and pepper to taste
4 small buns
1 large kale leaf, chopped
2 tbsp. gourmet mustard (I use Kozik's)
2 tbsp. chipotle mayonnaise

Method

1. Cut beets into in chips. Add salt, pepper, olive oil, and balsamic vinegar.
2. Place beets in solar oven
3. Toast buns then spread gourmet mustard on one half, and chipotle mayo on the other.
4. Layer the roasted veggies and kale whichever way you prefer and enjoy!

Eggplant Fries with Marinara Sauce

Ingredients:

1 lb eggplant, trimmed and cut into long ½ inch thick pieces

1-tablespoon olive oil

Kosher salt

Freshly ground black pepper

½ cup Panko bread crumbs

¼ cup grated Parmesan cheese

1 egg

Instructions:

1. Start to heat up butter in the sauté pan and cut eggplant into strips
2. Lay strips of eggplant, skin side down, on a cutting board. Drizzle with olive oil, salt and pepper.
3. In a medium bowl, beat egg. In a separate bowl, combine Panko and Parmesan.
4. Dredge eggplant in egg and then roll in bread crumb mixture. Transfer to sauté pan
5. Sauté for 4 minutes, flip fries, and sauté for an additional 2-3 until golden brown.