

Super Summer Salad:

Serves 4

Loaded with fiber and vitamins a, k and e as well as potassium and calcium for a powerful boost!

Used from box- red Russian kale, cherry tomatoes, red leaf lettuce



- 1 bunch kale
- 12 leaves lettuce, washed and dried
- 1-pint cherry tomatoes, sliced.
- 4 stems celery, thinly sliced
- 1 big handful fresh basil leaves, torn
- 1/4 cup toasted sunflower seeds soaked in hot water for half an hour
- 1/4 cup toasted sunflower seeds to garnish

Dressing:

- Soaked seeds
- 1 lemon, zested and juiced (can use lime to substitute)
- 1/4 cup pickle juice
- 1/4 cup olive oil
- 1 clove garlic, peeled
- 1/2 teaspoon salt
- 1 tsp honey

Blend or puree all until smooth. Check seasoning and add some soaking liquid if too thick.



De-stem kale.

Thinly slice leaves, mix with dressing and chill until salad time.

Heat grill or skillet.

Rub the kale stems with 1 tablespoon of olive oil and a pinch of salt.

Press down on hot grill (place something heavy, like another skillet on top) and cook until slightly charred.

Slice into pieces, reserving funky crispy ends for garnish.

Arrange 3 lettuce leaves per plate, heap with the divided dressed kale and scatter with celery, seeds, tomatoes, basil and stem pieces.

Drizzle more olive oil if you are feeling it!

Add calendula petals for a nice bright garnish if you have em!

Patty Pan 'Bubble and Squeak':

Serves 4

A crispy, fried potato cake with added veg!

Used from box: onion, cabbage, potatoes, and patty pan squash

Cover 6 small-medium potatoes with water and 1 TBLSP kosher salt.

Boil until tender. Drain and smash.

Heat grill or large skillet.

Slice 1 onion thinly.

Slice thinly enough cabbage to pack 2 cups well.

Take 2 medium-large patty pan and slice then slice again into matchsticks.

Heat 2 TBSP of neutral oil on the grill at medium heat and fry the onions until starting to color.

Add the cabbage and cook another 3 minutes, add the patty pan and season well with plenty of salt and pepper and a tsp of fresh thyme leaves.

Mix all together with potato and press onto the grill, in a kind of thin, mega-cake.

Turn grill down and brown the underside.

Scatter the top with another tablespoon or two of oil

Cut into pieces with a spatula and turn.

Alternately, if squeamish to turn, brown under a hot broiler.



Jose Andres' Epic Roasted BBQ Cauliflower:

I must thank and credit the great Jose Andres for this dish. I love cauliflower and this is a recipe I want to share with the world! It seems finicky, but if you follow every step, you will be rewarded with an EPIC cauliflower dish.

Also, check out his amazing organization- World Central Kitchen, feeding people at risk, around the globe.

Used: 1 head cauliflower.

1 large head cauliflower
1/4 cup olive oil
2 tsp kosher salt
1/2 cup of your favorite or homemade BBQ sauce

Preheat oven to 450F.

Remove cauliflower leaves, trim the stem, and even bore into it with a knife to remove stem inside the cauliflower too, as it's removal will allow more even cooking.

Be careful to keep the cauliflower in one piece. Pierce the bigger florets also.

Place in a roasting dish and rub with the oil and salt.

Roast right side up for 35 minutes.

Baste with the oil in the pan, as you would a turkey. Do this twice.

It should be golden and tender after 35 minutes.

Pierce with a knife to check or return to the oven until it is.

Let it rest once roasted for 15 minutes to release steam. This matters!

Brush 1/3 of the BBQ sauce onto the cauliflower.

Roast for 10 more minutes.

Switch the oven to broiler, spread the last of the sauce on the cauliflower and broil slowly, as far from the heat as your oven can handle. (10 inches is suggested, which my oven can just do.)

Baste the cauliflower a couple more times with pan juices, until browned and glazed, and a few charred spots are all good.

Carve into wedges and serve with the squeak and some fresh slaw.

Apple Fritters with stone fruit and coconut yogurt:

Serves 4

Super decadent treat and a fun home frying project!

NOTE: hot oil is very dangerous and should never be left attended.

Be careful with liquid drips, and quench fire by putting a well fitting lid on to remove oxygen.

If you already have favorite dairy or bought coconut yoghurt you can skip that step.

Used: 1 apple, 3 apricots, 2 plums

The night before you want to make your fritters.

Open 1 x 13.5 fl. oz can of good quality coconut milk.

Mix in one probiotic capsule, or one TBLSP of ready-made coconut yoghurt, cover and leave at room temperature overnight. Refrigerate before serving.



Fritter Batter:

1/2 cup whole-wheat flour

1/8 tsp baking soda

A pinch of salt

1-cup martinelli's sparkling apple cider

Mix all well and rest in the fridge for 1 hour.

Dice plums and apricots and mix gently.

Mix 1/2 cup of coconut sugar (or dark brown cane sugar) with 1 tsp cinnamon.

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Peel and slice four apple slices from your apple and keep the rest for a chutney or applesauce.

Core using a teaspoon, bottle stem or curved knife if you do not have a corer.

Heat one and a half cups of coconut oil (or grape seed oil)

In a small, but deep heavy bottomed pot.

I like to use a candy thermometer to tell me when it is hot enough to fry- but not too hot.... 360 degrees F is perfect.

If a small square of bread floats and browns in less than 20 seconds, your oil is too hot and you may cool it off the heat and use a lower heat setting.

Dip an apple slice in batter and fry one at a time.

60 seconds on each side should be perfect if your oil is just right.

You want a golden, crispy looking ring- you know what to look for!

Drain on paper towels and toss in the cinnamon sugar.

Place fritter on your evenly divided fruit in 4 bowls with a spoonful of coconut yoghurt on each.