

## Starters and Soups

### **Zucchini Matterhornes**

*(Recipe courtesy of Roy Couture)*

#### **Ingredients**

- 1/4 cup butter or olive oil
- 1 1/2 cups sliced summer squash
- 1 small head broccoli, chopped
- 1 Egg
- 1/2 cup shredded swiss cheese
- 1/4 cup milk
- 1 teaspoon salt
- 1/4 teaspoon dry mustard
- 3 tablespoon grated parmesan cheese

#### **Directions**

Heat butter or oil in large sauté pan at medium high heat. Add squash and broccoli to pan and continue to cook until tender, approximately. 8-12 minutes. While squash is cooking, lightly beat egg in a small mixing bowl. Add cheese, milk, salt and dry mustard to the egg and stir until thoroughly combined. Pour mixture over zucchini and broccoli and continue to heat until cheese is melted and bubbly. Add salt and pepper to taste.

Note: The cheese and milk mixture can be replaced using a tomato or pasta sauce with basil and garlic for seasoning.

## **Salsa Starters**

### **Tomatillo Salsa**

*(Recipe courtesy of Leroy Couture)*

#### **Ingredients**

- 1 pound fresh tomatillos, husks removed
- 5 jalapenos or 2 habaneros, halved and seeded
- 1- sprig cilantro
- 2 cloves garlic, minced
- 1 tablespoon oil
- salt and pepper to taste

## **Directions**

Preheat oven to 425F. Remove husks from tomatillos and chop into quarters. Place tomatillos on large baking sheet with hot peppers. Roast tomatillos and peppers for about 15 minutes until the skin of peppers start to blacken. Remove from oven and let cool five minutes. Place peppers and tomatillo mixture in a blender and combine with remaining ingredients. Blend until smooth. Add salt and pepper to taste.

## **Cucumber Bell Pepper Salsa** *(Recipe courtesy of Balanced Bites )*

### **Ingredients**

- 1 cucumber, chopped into ¼ inch cubes
- 2 bell peppers, chopped into 1/4" cubes
- 4 Tbsp of fresh cilantro, finely chopped
- 2 cloves of garlic, finely chopped or pressed
- Juice of 2 limes
- 1 Tbsp Extra Virgin Olive Oil
- Sea Salt & Pepper to taste

### **Directions**

Toss ingredients in a bowl and let stand for ten minutes before serving

## **Midsummer Corn Chowder** *(Recipe from Veganomicon)* **Serves eight**

### **Ingredients**

- 8 ears fresh corn, husks and silks removed
- 3 tbs olive oil
- 3 cloves garlic, finely minced
- 1 large onion, cut into fine dice
- 1 small bulb fennel, diced
- 2 stalks celery, chopped finely
- 1 large carrot, diced
- 1 lb waxy potatoes, diced
- 2 tsp dried thyme
- 2 quarts fresh corn stock, or vegetable broth, or water
- 1 lb tomatoes, seeded and chopped
- 1/3 cup fresh basil leaves, tightly rolled and sliced into thin strips
- salt and freshly ground pepper

## Directions

- On a large cutting surface or in a large bowl, hold an ear of corn by the thicker end and run a sharp knife carefully down the length of the ear, close to the cob, to slice off the kernels of corn. Repeat with the remaining ears.
- Preheat a large soup pot over medium-high heat. Sauté the garlic in the oil for 30 seconds, then add the onion. Stir and cover, sweating them for about 5 minutes.
- Add the carrot and celery and stir, cover and cook for another 2 minutes.
- Add the fennel, stir, cover and cook another 2-3 minutes; then add the potatoes, stir, cover and cook for an additional 3 minutes.
- Finally add the corn, stir, cover and cook for 5 minutes.
- Add the stock, stir, cover and bring to a boil. Lower the heat to medium and allow the soup to simmer, covered (with lid tilted so a small amount of heat can escape), for 30 minutes, or until potatoes are easily pierced with a fork.
- Turn off the heat, ladle 1 1/2 cups of soup into a separate large bowl and allow to cool until only slightly warm.
- Puree the bowl of soup with an immersion blender, then add back to the remaining soup in the pot.
- Place the pot over medium heat, add the chopped tomatoes and basil, and simmer for and additional 10 minutes, until the soup is hot.

## Peppery Smooth Gazpacho

### Ingredients

- 1 28-oz can peeled whole tomatoes or 8 fresh large tomatoes
- 1 cup diced red onion
- 1 small jalapeno pepper, seeded and chopped
- 1/3 cup loosely packed basil leaves
- 2 cups cucumber, peeled and diced (usually one large English cucumber)
- 2 tsp balsamic vinegar
- 2 tsp Worcestershire sauce
- 1/2 tsp salt
- 3/4 tsp pepper

### Directions

Prep all veggies. Then, combine in blender and puree. Taste for salt and adjust as needed!

## Main Dishes

### Mexican Beef Lettuce Wraps

*(Recipe from Ancestral Chef)*

Serves 6-8

#### Ingredients

- 3 lb ground beef
- 2 small onion, diced
- 6 tomatoes, diced
- 2 bell pepper, diced
- 2 jalapeno, deseeded and diced
- 6 cloves garlic, minced
- 3 tablespoon cumin powder
- 3 tablespoon paprika
- 3 tablespoon dried oregano
- 3/4 teaspoon chili powder (or to taste)
- salt and pepper to taste
- 1/2 cup cilantro, finely chopped (for garnish)
- coconut oil to cook with
- lettuce leaves to serve with

#### Directions

- In large skillet, saute the onions in 1 tablespoon of coconut oil until the onions turn translucent.
- Add in the ground beef and saute until the beef is browned. Use a spatula to stir the beef to ensure it doesn't clump together. Pour out any excess water/fat produced during cooking
- When the beef is browned, add in the tomatoes, bell pepper, jalapeno, minced garlic, cumin powder, paprika, oregano, chili powder and salt and pepper.
- Cook until the tomatoes are soft.
- Garnish with cilantro and serve with lettuce wraps or by themselves

### Moroccan Meatballs

#### Ingredients

- 2 lbs ground lamb or turkey (or a combo of both)

- ½ onion, minced
- 4 cloves garlic, minced
- 2 tsp sundried tomatoes, rehydrated and minced
- 1 tbsp cumin
- 1 tbsp coriander
- 2 tbsp fresh mint
- 1 tsp ground cloves
- ½ tsp cayenne pepper
- 1 egg
- 1 tsp salt
- Spinach to serve

### **Directions**

Preheat oven to 350F.

Using gloved hands, combine all ingredients together in a large bowl. Mix thoroughly to evenly distribute spices. Form small meatballs, using 2-3 tablespoons of meat per meatball. Place on a parchment paper lined baking sheet and bake for 15 minutes. Then finish under the broiler, for two minutes until brown. If a broiler isn't available, pan fry for two minutes on the stove top. Serve hot over a bed of spinach.

## Desserts

### **Broiled Peaches with Fresh Whipped Cream**

*(Recipe from Epicurious)*

#### **Ingredients**

- 8 peaches, halved and pits removed

- 8 tsps granulated sugar
- 1 pint heavy whipping cream
- 3 tbs powdered sugar

### **Directions**

#### **Peaches**

- Preheat oven to broil. Place peach halves cut side up on large baking sheet. Sprinkle each half with granulated sugar. Let rest for 10 minutes. Cook in oven under broiler for 6-8 minutes, until sugar begins to caramelize and peaches soften.

#### **Whipped cream**

- Pour heavy whipping cream into large mixing bowl. Slowly beat with stand mixer or hand mixer. Add in sugar. Increase speed and continue to beat until stiff peaks form. Careful not to over mix (it will turn to butter!). Place in fridge until ready to use.

Serve peaches with a dollop of whipped cream on top.

## **Coconut Lime Mugcake**

### **Ingredients**

- 1 banana
- juice of 1 lime
- lime zest
- 1 egg
- 1 ½ tbs coconut flour
- ½ tsp baking powder
- 1 tbs coconut milk
- 2 tbs unsweetened flake coconut

### **Directions**

In a microwave safe mug, pulverize the banana until smooth. Add egg, lime juice, and zest, coconut flour, baking soda, and coconut milk. Whisk until smooth. Fold in flake coconut. Microwave for 2-3 minutes. Let cool for a minute, eat and enjoy!

# Beverages

## Quick and Simple Horchata

*(Recipe from All Recipes)*

Serves 10

### Ingredients

- 1 cup water
- 1/2 cup white sugar
- 1/4 teaspoon ground cinnamon
- 2 quarts rice milk
- Cinnamon sticks

### Directions

- Heat water, sugar, and cinnamon in a saucepan over medium heat. Simmer until sugar is dissolved, whisking occasionally, about 5 minutes. Allow mixture to cool for 10 minutes.
- Pour rice milk into a large pitcher.
- Stir sugar water into rice milk. Serve chilled or over ice, with a cinnamon stick

## Agua Frescas

### Ingredients

- 8 cups water
- 2 cups chopped fruit or vegetables
- 1/4 cup fresh herbs (optional)

### Directions

- Combine all ingredients in large pitcher.
- Let steep for 15 minutes
- Serve chilled.