TOWER TO TABLE cookbook
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Special thanks and credit to all Tower Gardeners who submitted recipes.
We loved reading about (and trying!) your delicious Tower-to-Table dishes.
And without you, this cookbook wouldn’t be possible!

Recipes edited for consistency. Tower Garden ingredients are bolded.
Ingredients:

Salad:
- 8-10 curly or Toscana kale leaves (no stems), finely cut
- 1 1/2 cups green cabbage, shredded
- 10 mint leaves, chiffonade chopped
- 1 bunch fresh cilantro leaves and stems, finely chopped
- 3/4 cup dry-roasted, unsalted peanuts, finely chopped
- 1/4 cup whole dry-roasted peanuts
- 1/2 cup Parmesan cheese, finely grated

Dressing:
- 3/4 cup peanut oil
- 1/2 cup rice wine vinegar
- 2 lemons, juiced
- 1 tbsp honey
- 2 tbsp black pepper
- 1 1/3 tbsp dry mustard
- 1 tbsp Worcestershire sauce
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced

Instructions:

1. Combine dressing ingredients and blend well.

2. Place greens in a bowl with peanuts. Toss well with dressing and let sit for 30 minutes to allow flavors to blend.
Calli Curtis’
BACON, LETTUCE, TOMATO SALAD

**Ingredients:**

**Dressing:**
- 1/4 cup white wine vinegar
- 2 tbsp apple cider vinegar
- 3 tbsp purified water
- 3 tbsp mayonnaise
- 1 tbsp honey
- 1 tbsp olive oil
- 1/4 tsp salt
- Freshly ground black pepper to taste
- Dash of ground red pepper

**Salad:**
- 6 cups greens, torn
- 4 cups tomato, chopped
- 4 green onions, thinly sliced
- 6 bacon slices, cooked and crumbled
- 1 avocado, sliced (optional)
- 6 cups cubed firm bread

**Instructions:**

1. Preheat oven to 400°F.

2. Put cubed bread in a single layer on a jelly roll pan (or stone). If using a pan, spray lightly with cooking oil. Bake for 10-15 minutes or until golden.

3. Combine dressing ingredients in a large bowl, stirring with a whisk.

4. Add toasted bread, greens, tomatoes and onions to the bowl. Toss gently to coat and serve immediately.
**Ingredients:**

- 2 cups fresh basil
- 1/4 cup fresh parsley, spinach, kale or Swiss chard
- 1/4 cup walnuts or cashews, toasted
- 4 large cloves garlic, toasted
- 3/4 cup Parmesan cheese, grated
- 8 tbsp extra virgin olive oil
- Salt and pepper, to taste

**Instructions:**

1. Place all ingredients except cheese in a food processor, and process until smooth.

2. Transfer mixture to a small bowl and stir in cheese.

3. If you’re not using the pesto right away, cover with a teaspoon of olive oil, place a layer of plastic wrap over the top, and refrigerate for up to 3 days. Alternatively, freeze the pesto in small jars to use throughout the year.
**Ingredients:**

- 3 tomatoes
- 1 large bunch fresh basil
- 12 oz fresh mozzarella, thickly sliced
- 2 cups balsamic vinegar
- Olive oil, for drizzling
- Salt and pepper, to taste

**Instructions:**

1. Pour balsamic vinegar into a saucepan and bring it to a gentle boil over low heat. Cook the balsamic vinegar until it has reduced to a thick (but pourable) glaze, about 15 minutes. Allow the reduction to cool to room temperature before serving.

2. When you are ready to assemble the salad, cut the tomatoes into thick slices. Arrange them on a platter, alternating them with the mozzarella slices. Tuck whole basil leaves between tomato and cheese slices.

3. Drizzle on the balsamic reduction. Then, drizzle the olive oil thinly over the top. Finally, sprinkle on salt and pepper, to taste.
**Ingredients:**

**Dressing:**
- 3/4 cup vinegar
- 1 1/2 tsp celery and mustard seeds
- 1/2 tsp dried stevia
- 1/2 tsp black pepper
- 2 tsp salt
- 1/8 cup water

**Salad:**
- 6 tomatoes, peeled and quartered
- 1 green pepper, thinly sliced
- 1/2 cup chives, chopped
- 1 onion, thinly sliced

**Instructions:**

1. Bring the dressing ingredients to a boil for 1 minute, and pour over the prepared veggies.

2. Best if chilled overnight.
**Ingredients:**

- 3-4 stalks fresh peppermint
- 1 tbsp honey (optional)
- 2-3 cups boiling water

**Instructions:**

1. Rub peppermint to bruise the leaves. (This releases more of the minty aroma and flavor.)
2. Boil water, pour it into a pot with the peppermint, and let the tea steep for 5–7 minutes.
3. Optionally add honey, pour into your favorite mug, and enjoy!
**KALE SALAD**

Julie Soderblom’s

**Ingredients:**
- 8-10 kale leaves, destemmed and chopped
- 1 orange pepper, diced
- 1 red onion, diced
- 1 avocado
- 1 lemon, juiced
- Hemp seed, to taste
- Sunflower sprouts, to taste

**Instructions:**

1. Massage all ingredients. Let chill for a few hours in the refrigerator.

2. Top with hemp seed and sunflower sprouts.
**Ingredients:**

- 1 lemon, peeled and seeded
- 1 lime, peeled and halved
- 1 bunch fresh stevia
- 1/4 cup fresh basil
- 3 cups ice cubes
- 1/2 cup water

**Instructions:**

1. Place all ingredients into a blender. Alternatively, simply juice the fruits before mixing with the other ingredients.

2. Turn the blender on and quickly increase speed to crush the ice, blending all the ingredients together.

3. Add water to obtain desired consistency. Yields about 5 cups.
Ingredients:

Salad:
- 1 large bunch mixed greens (e.g., lettuce, spinach, kale, Swiss chard, arugula, mustard), chopped
- 1/4 cup fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- 2-3 tomatoes, diced
- 1/2 cup nasturtium leaves and blooms
- 4 oz mushrooms, chopped
- 1/3 cup green peas
- 2 tbsp bacon bits

Dressing:
- 2 tbsp white wine vinegar
- 1 tbsp olive oil
- 1 tsp Dijon or spicy brown mustard
- 1 tsp fresh chives, chopped
- 1 tbsp Parmesan cheese, grated

Instructions:

1. Mix salad ingredients.

2. Place all dressing ingredients in a container, shake well, and drizzle over salad.
**Ingredients:**

**Dressing:**
- 1/4 cup fresh lime juice
- 1 tsp honey
- 1/2 tsp kosher salt
- 1/4 cup olive oil
- Coarsely ground pepper

**Salad:**
- 8 cups kale, Swiss chard, Bibb and red leaf lettuce
- 3 cups strawberries, halved
- 3/4 cup crumbled feta cheese

**Instructions:**

1. Combine the dressing ingredients in a closed jar and shake to combine.

2. Toss the greens with vinaigrette. Top with the berries and feta.
**Ingredients:**

**Dressing:**
- 1 large avocado
- 1/4 cup basil-infused grape seed oil
- 1 tbsp light balsamic vinegar
- 1 tsp ground black pepper
- 1 tbsp Tamari soy sauce

**Salad:**
- 1 cup quinoa, rinsed
- 1 tsp ground cumin
- 15 oz black beans, rinsed and drained
- 15 oz low sodium black olives, drained
- 1 large Swiss chard leaf, washed
- 2 jalapeños, seeded and sliced
- 2 cups chives, chopped
- 1 cup cooked corn kernels
- 1 cup basil, chopped

**Instructions:**

1. Add the rinsed quinoa, cumin and 2 cups of water in a saucepan. Heat on a stove burner at medium heat until the water bubbles. Reduce to a simmer and cook about 20 minutes. Fluff the quinoa with a fork and transfer to a large bowl or baking dish to cool.

2. Roll the Swiss chard, ribbon-cut the leaf, and slice the stalk. Then place it in a large mixing bowl and the add beans, olives, jalapeño, chives, corn and basil.

3. Mash up the avocado in a medium bowl and mix with the remaining dressing ingredients. Toss the quinoa with the veggie mixture, add the dressing, and thoroughly mix. Let stand at least 1 hour before serving.
Ingredients:

- 4 tomatoes
- 1 orange bell pepper
- 1 yellow bell pepper
- 2 cups cilantro, chopped
- 1 small jalapeño pepper, chopped
- 1 sweet onion
- 2 tbsp lemon juice
- Salt and pepper, to taste

Instructions:

1. Prepare all ingredients and toss together.

2. Enjoy with chips or crackers, or use to dress fish or meats.
Ingredients:

- 6 medium tomatoes
- 2 large jalapeños, diced
- 1 mango, peeled and finely diced
- 1 white onion, diced
- 1 bunch cilantro, chopped
- Juice of 2 lemons
- Salt to taste

Instructions:

1. Place the tomatoes and jalapeños on a grill at medium heat. Transfer them to a small bowl with tongs when soft and the jalapeños when skin has blistered.

2. Use a small paring knife to cut out stem of each tomato, be careful as they may be hot. Leave tomato skin on. For spicier salsa, leave the jalapeño seeds.

3. Add diced white onion and tomatoes in a large bowl. With a hand potato masher, smash the tomatoes to break up, then add the jalapeños, mango and cilantro. Stir in lemon juice and salt to taste.

4. Serve with chips, scrambled eggs or salad.
**Ingredients:**

- 3 cups almond flour
- 1 tbsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 cup zucchini, shredded
- 1/2 cup roasted red pepper, diced
- 1 tomato, thinly sliced
- 1/2 cup scallions, chopped
- 1/2 cup fresh basil or oregano, minced
- 1/3 cup Parmesan cheese
- 1/3 cup cheddar cheese
- 1 cup milk
- 2 tbsp apple cider vinegar
- 2 eggs
- 3 tbsp coconut oil, melted

**Instructions:**

1. Preheat oven to 325°F, and coat a 9 x 5-inch loaf pan with cooking spray.

2. Mix dry ingredients and zucchini in a large bowl. Add peppers, scallions, basil, and cheese, and coat well.

3. Add milk and vinegar into a glass and stir well. Let the mixture sit for a few minutes until thickened.

4. In a separate bowl, mix all your wet ingredients, and then stir mixture into dry ingredients until moistened to create a very thick batter.

5. Scoop mixture into the pan, level it off, and top with thin slices of tomato and a handful of cheese. Bake until toothpick comes out clean (about 70-80 minutes).

6. Let cool for at least 10 minutes before turning out to a rack to cool for a minimum of 40 more minutes more before slicing.
Ingredients:

- 1 bunch kale, chopped and destemmed
- 1 bell pepper
- 4 oz peanut satay sauce
- Raw cashews, chopped, to taste

Instructions:

1. Add all of the ingredients to a bowl.
2. Toss and serve.
**Ingredients:**

- 1 bunch basil
- 1 clove garlic
- 1 lemon, juiced
- 2 tbsp olive oil
- 1/2 cup walnuts
- Salt, to taste

**Instructions:**

1. Place all ingredients into a food processor and blend. (Yep, it's that easy!)

2. Enjoy over warm pasta or with bread.
**Ingredients:**

- 1 beefsteak tomato
- 5 tsp pesto
- 1/4 cup shredded mozzarella cheese
- 2 tbsp grated Parmesan cheese
- Fresh basil for garnish

**Instructions:**

1. Slice the tomato into 5 hearty slices and place on a baking sheet.

2. Spread pesto onto each tomato.

3. Sprinkle the shredded mozzarella and grated Parmesan cheese on top of pesto.

4. Broil in oven for approximately 5 minutes, or until the cheese is lightly browned, and garnish with basil.
**Ingredients:**

- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 4 eggs
- 3 cups cooked rice
- Salt, to taste
- Black pepper, to taste
- 1 small onion
- 5 tbsp vegetable oil

**Instructions:**

1. Heat 3 tbsp of vegetable oil in a wok, and add eggs and onions, stirring until the eggs are scrambled.

2. Remove the eggs and onion from the wok and set aside. Add 2 tbsp vegetable oil to the wok.

3. Add the rice, peppers, soy sauce, salt, and black pepper, and cook for 5-7 minutes on medium/high heat.

4. With the rice still in the work, add the eggs and mix.

5. Spoon fried rice into bowls, and season with soy sauce, salt, and black pepper as needed.
BUILD-IT-YOURSELF
VEGGIE “BOAT”

Ingredients:

- 1 bell pepper, diced
- 1 tomato, sliced
- 1 head lettuce
- 1 onion, diced
- 10 oz hummus
- 15 oz refried beans
- 15 oz cannellini beans
- 1 clove garlic, minced
- 2 tbsp olive oil
- 1 tbsp taco seasoning
- Salt, to taste
- Black pepper, to taste

Instructions:

1. Warm refried beans in a pan. For more flavor, add taco seasoning.

2. Sauté bell peppers with minced garlic and onion in olive oil until tender. Add salt and black pepper to taste.

3. To build the perfect boat, or wrap, layer ingredients in the hollow of a leaf of lettuce in the following order: refried beans, hummus, peppers, cannellini beans, and tomato slices.
Ingredients:

- 2 stalks celery, chopped
- 4 whole peeled tomatoes
- 3 tbsp fresh parsley
- 3 tbsp fresh basil
- 1 tbsp fresh thyme
- 1 tbsp fresh marjoram
- 1 sweet onion, chopped
- 1 carrot, chopped
- 3 cloves garlic, finely chopped
- 2 bay leaves
- 4 tbsp unsalted butter
- 4 tbsp flour
- 2 cups chicken or vegetable stock
- 28 oz crushed tomatoes
- 14.5 oz stewed tomatoes
- 1 tbsp sugar
- 1 pint half and half
- 1 tsp salt
- Fresh ground pepper to taste

Instructions:

1. Heat the butter in large soup pot over medium-high heat. Lower heat to medium; add onion, carrot, celery and garlic and cook, covered, stirring occasionally, until soft and fragrant, about 8-10 minutes.

2. Stir in the flour. Using a blender, puree all of the tomatoes. Pour the broth and crushed tomatoes into the pot. Add pureed tomatoes. Bring to a boil while whisking constantly. Add parsley, basil, thyme, marjoram, sugar and bay leaves to the pot. Lower heat and simmer for 40 minutes.

3. Remove the bay leaf and discard. Whisk in the half and half, salt and pepper. Divide among warm soup bowls and serve immediately.
Ingredients:

- 2 cups cooked rice
- 1 tbsp oil
- 1 tbsp freshly grated ginger
- Low sodium soy sauce, to taste
- 1-2 Chinese bitter melons, cut lengthwise, scooped out and sliced medium thickness (may substitute zucchini or squash)
- 1-2 cups sweet potato, cut lengthwise, and sliced medium thickness
- Ground meat, sliced meat, shrimp or firm cubed tofu
- 2-3 free range eggs, whipped
- 1/4 cup Chinese chives, minced

Instructions:

1. Brown the meat or tofu at medium-high heat with soy sauce. Set aside.

2. Heat small amount of oil with sliced garlic, ginger and soy sauce in a wok, and stir-fry bitter melon and sweet potato for 1 to 2 minutes. Add the mushrooms and continue to stir fry. Add the eggs and Asian chili peppers. Continue to stir-fry. Add the Chinese chives and veggie leaves and mix. Add meat or tofu and mix. In a separate bowl, break up the rice with soy sauce. Add to stir fry and mix. Add flax seed powder and seeds. Salt and pepper to taste.
Ingredients:

- 1/2 cup olive oil
- 1 tbsp dried herbs de Provence
- 6 cloves garlic, smashed and peeled
- 2 large yellow onions, quartered
- 1 bay leaf
- 2 medium zucchini, cut into 2” pieces
- 1 medium eggplant, cut into 2” pieces
- 1 red bell pepper, stemmed, seeded, and quartered
- 1 yellow bell pepper, stemmed, seeded, and quartered
- 1 tbsp fresh basil leaves, chopped
- 1 tbsp fresh flat-leaf parsley, chopped
- 10 whole peeled canned tomatoes, drained
- Salt, to taste
- Black pepper, to taste

Instructions:

1. Heat oven to 400°F, and warm oil in a 6 quart Dutch oven over medium heat.

2. Add herbs de Provence, garlic, onions, and bay leaf. Cover and cook, stirring occasionally, until soft and fragrant (about 10 minutes).

3. Increase heat to high, stir in zucchini, eggplant, peppers, and tomatoes, and season with salt and black pepper.

4. Uncover pot, transfer to the oven, and bake, stirring occasionally, until vegetables are tender and lightly browned (about 90 minutes).

5. Stir in basil and parsley, transfer ratatouille to a serving bowl, and serve warm or at room temperature by itself or over just about anything!
** enchilada-style poblano casserole**  

**Terri Stradley's**

**Ingredients:**

Casserole mixture:
- 4-6 poblanos, sliced and deseeded
- 1 lb ground turkey
- 1 butternut squash, peeled and diced
- 3/4 medium onion, chopped
- 1 cup carrots, diced
- 2 cups kale, chopped
- 2 1/2 tsp salt
- 2 tsp cumin
- 1 1/2 tsp chili powder
- 1 1/2 tsp ground coriander

Sauce:
- 1 1/2 lb tomatillos, husked and rinsed
- 1-2 Serrano (or jalapeño) chilies
- 1/4 medium onion
- 3 cloves garlic
- 3/4 tsp salt

**Instructions:**

1. Preheat oven to 375˚F, and bring a large pot of water to boil over high heat. Boil tomatillos and Serrano chilies for 10-12 minutes.

2. Drain and remove stems, and place tomatillos and chilies in a food processor. Add onion, garlic, and salt to processor, and blend until smooth.

3. Brown ground turkey in a deep skillet over medium heat until cooked through. Drain grease, add squash, onion, carrots, kale, and spices, and sauté for 10-12 minutes, or until vegetables have softened slightly.

4. Spread half of sauce evenly over the bottom of a 9 x 12-inch glass dish. Place poblanos in sauce, cut sides facing up, covering the bottom of the dish. Spoon turkey and vegetable mixture over poblanos, and top with even coat of remaining sauce.

5. Bake, covered, for 15 minutes. Then uncover and cook for 15 additional minutes.
RAINFRO
RATATOUILLE

**Ingredients:**
- 2 large tomatoes, diced
- 2 yellow squash, diced
- 1 orange bell pepper, diced
- 2 zucchinis, diced
- 1 large eggplant, diced
- 1 large onion, diced
- Basil, thyme, rosemary, garlic chives, lavender, oregano, finely chopped, to taste
- 4 cloves garlic, crushed
- 1/4 cup extra virgin olive oil
- Salt and pepper to taste

**Instructions:**

1. Mix all ingredients in a crock pot, reserving some of the fresh herbs for use as a garnish. Cook on low for 6-8 hours.

**Ingredients:**

- 1 tbsp extra virgin olive oil
- 4 cups cherry tomatoes
- 1 English cucumber, diced
- 1 yellow bell pepper, chopped
- 1/2 purple onion, chopped
- 2 cloves garlic, crushed
- 3 1/2 cups tomato juice
- 1/4 cup red wine vinegar

**Instructions:**

1. Place the tomatoes into a shallow baking dish, drizzle with olive oil and season with a pinch of salt and pepper.

2. Roast the tomatoes in the oven at 425°F for approximately 15-20 minutes, or until they have burst and softened. Stir halfway through cook time.

3. Once done, remove from the oven and let cool completely. When the tomatoes are cool, place into a blender along with the cucumber, yellow pepper, purple onion, garlic, agave nectar and red wine vinegar.

4. Blend all ingredients until smooth or desired consistency. Add the tomato juice, salt and pepper and blend again for about 1 minute.

5. Pour gazpacho into an airtight container and place in the refrigerator to chill. When the soup is chilled, serve in bowls with a garnish of chopped fresh parsley and goat cheese crumbles.
**Ingredients:**
- 6 eggs
- 2 tbsp olive oil
- 1/2 cup onion, chopped
- 1/2 cup bell peppers, chopped
- 1/2 cup cherry tomatoes, halved
- 1/8 cup parsley, chopped
- 1/2 cup chard, kale, and/or spinach, chopped
- 1/8 cup green olives, sliced
- 1 tbsp nutritional yeast
- Basil for garnish

**Instructions:**

1. Beat eggs, add parsley and nutritional yeast, and set aside.

2. Sauté onions and peppers in olive oil until tender (approximately 5 minutes).

3. Add tomatoes, olives and greens, and stir.

4. Add egg mixture to cooked ingredients. Cook on medium heat until eggs are desired consistency, stirring as needed.
Ingredients:

- Enough tomatoes to cover the bottom of a 1-inch lipped baking sheet
- 1 head garlic, whole cloves, peeled
- 1/3 cup olive oil
- 1/2 cup fresh basil leaves (or several sprigs of fresh thyme or rosemary)
- Salt, to taste
- Black pepper, to taste

Instructions:

1. Preheat the oven to 250°F, place tomatoes and garlic on a large baking sheet, and drizzle with olive oil.

2. Top with herbs, season with salt and black pepper, and bake for 4 hours or until tomatoes are soft and bursting.

3. Allow everything to cool before pouring it into a blender. Pulse several times and then blend until desired consistency.

4. Enjoy as you would any sauce — over noodles and veggies, or as a base in soups. (It can also be eaten as a delicious soup all on its own.) Pour extra sauce into quart jars or into freezer bags and freeze.
Ingredients:

- 1 bunch Swiss chard
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 large cloves garlic, minced
- 1 cup cooked brown rice
- 1/4 cup fresh parsley, finely chopped
- 2 tbsp fresh basil, finely chopped
- 2 tomatoes, chopped
- 1 cup tomato sauce
- 1/4 cup Parmesan cheese
- Salt, to taste
- Black pepper, to taste

Instructions:

1. Bring a large pot of water to a boil, and submerge chard for 20-30 seconds. Set aside 1/2 cup of the water. Immediately transfer the chard to a bowl of cold water and drain.

2. Cut chard stalks from the leaves, and dice them about 1/4-inch. Heat 1 tbsp of oil in a large, heavy skillet over medium-low heat. Add onion and cook, stirring until very soft.

3. Add chard stems and salt, and cook until stems are tender (about 5 minutes). Add tomato and cook another 2 minutes. Add garlic, and cook about 30 seconds more.

4. Remove the skillet from the heat, preheat the oven to 375°F, and lightly oil a baking dish large enough to accommodate the chard rolls.

5. In a large bowl, mix together rice, cooked ingredients, and fresh herbs to create the filling. Place about 2 tbsp of filling on each chard leaf and roll.

6. Place rolls in the baking dish and top with tomato sauce and Parmesan cheese. Cover with foil and bake 20 minutes, or until chard rolls are hot and the leaves are tender. Uncover and bake an additional 5 minutes, and enjoy!
Ingredients:

- 1 onion, chopped
- 2 cloves garlic, diced
- 1/2 red bell pepper, diced
- 1 sweet potato, diced
- 3 cups fresh tomatoes, chopped
- 16 oz mushroom, chopped
- 1 bunch basil, chopped
- 1 tbsp sugar
- 1 cup vegetable broth
- 1/4 cup nutritional yeast
- Salt, to taste

Instructions:

1. Sauté onion and garlic in a stockpot with 1-2 tbsp of water.

2. Add sweet potato, tomatoes, bell pepper, mushrooms, vegetable broth, and basil, and bring to a boil.

3. Add salt, sugar, and nutritional yeast, and cook until the potato is tender.

4. Blend with immersion blender. Thin with water if necessary.
**Ingredients:**
- 1 cup cooked brown rice
- 1/2 cup bulgur wheat (optional)
- 1 cup fresh parsley, chopped
- 1 cup fresh celery leaves, chopped
- 1 tomato, chopped
- 1 carrot, shredded
- 1/4 cup olive oil
- 2 shallots, chopped
- 1/4 cup fresh lemon juice
- 1 tsp lemon zest
- 3 cloves of garlic, chopped
- 1/4 tsp cayenne pepper
- 1/4 tsp cumin
- 1 tsp sea salt
- 1/4 tsp pepper

**Instructions:**

1. Prepare the grains according to package directions.

2. In a large bowl mix the chopped parsley, celery leaves, tomato and carrot with olive oil.

3. Soak the onion in bowl with the lemon juice and chopped garlic for 15 minutes at room temperature.

4. Mix herbs and vegetables with lemon zest, cayenne pepper and cumin. Add in onion and garlic.

5. Thoroughly mix in brown rice. Season liberally with salt and pepper.
Ingredients:

- 6 1/2 oz tuna, drained
- 1 cup panko
- 1 egg, slightly beaten
- 1/4 cup parsley, chopped
- 1/2 cup dried celery
- 1/8 cup red bell pepper, finely chopped
- 1/8 cup carrots, finely chopped
- 1/8 cup chives, chopped
- 1 tsp lemon juice (or Dijon mustard)
- 1/2 cup mayonnaise
- Black pepper, to taste

Instructions:

1. Mix all ingredients, and chill for 1 hour.

2. Shape mixture into patties and cook in lightly oiled skillet over medium heat until warm throughout (about 6 minutes on each side).

3. Enjoy traditionally (on a bun with lettuce and tomato) or as a salad topper.
**Ingredients:**

- 2 large tomatoes, quartered
- 1/2 small butternut squash, peeled, seeded, and cut lengthwise into 1/2-inch thick wedges
- 4 cups kale, finely chopped
- 3 large fresh thyme sprigs
- 1 bay leaf

- Nonstick vegetable oil spray
- 3 carrots, peeled and quartered
- 1 large onion, cut into 8 wedges
- 6 garlic cloves, unpeeled
- 1 tbsp olive oil
- 6 cups vegetable broth
- 15 oz great northern beans, drained

**Instructions:**

1. Preheat oven to 400°F. Spray a rimmed baking sheet with oil spray. Arrange carrots, tomatoes, onion, squash and garlic on sheet. Drizzle with olive oil. Sprinkle with salt and pepper. Toss to coat. Bake until vegetables are brown and tender, stirring occasionally, about 45 minutes.

2. Transfer carrots and squash to work surface. Cut into 1/2-inch pieces and set aside. Peel garlic cloves and place in processor with tomatoes and onion, and puree until almost smooth. Pour 1/2 cup broth onto baking sheet, and scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add 5 1/2 cups broth, kale, thyme and bay leaf to pot, and bring to boil. Reduce heat, and simmer uncovered until the kale is tender (about 30 minutes).

3. Add beans, carrots and squash to soup. Simmer 8 minutes to blend flavors. Season with salt and pepper. Discard thyme sprigs and bay leaf.
**Ingredients:**

- 1 1/2 tsp fresh rosemary
- 1 1/2 tsp fresh thyme
- 1 1/2 tsp fresh marjoram
- 1 tbsp fresh basil
- 2 qt (8 cups) vegetable stock
- 2 lb tomatoes, peeled and chopped
- 3 carrots, peeled, sliced
- 2 stalks celery, sliced
- 1.5 lb red potatoes, peeled and cubed
- 1 sweet onion, chopped

- 2 cloves garlic, minced
- 1 tbsp sugar
- 2 tsp salt or to taste
- 1/2 tsp pepper
- 2 bay leaves
- 2 cups of corn
- 1 zucchini, sliced and quartered
- 1 cup of peas
- 2 cups of green beans
- 1/2 cup uncooked pasta

**Instructions:**

1. Combine broth, tomatoes, carrots, celery, potatoes, onion, thyme, garlic, sugar, salt, pepper, herbs and bay leaf in a large crock pot. Stir well. Cover and cook on low in the crock pot for 7-8 hours.

2. Add corn, zucchini, peas and green beans. Stir well, cover and continue cooking on high for 90 minutes.

3. Add the pasta, cover and cook for another 30 minutes. Remove the bay leaf and serve.
Ingredients:

Sauce mixture:
- 24 oz pasta sauce
- 1 medium zucchini, thinly sliced
- 1 large bunch kale, chopped
- 8 oz white button mushrooms, chopped
- 1 onion, diced
- 1 clove garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil

Cheese mixture:
- 1 egg, beaten
- 16 oz cottage cheese
- 2 cups mozzarella cheese, shredded
- 1/3 cup Parmesan cheese, shredded
- 1 tbsp fresh parsley, chopped
- Lasagna pasta

Instructions:

1. Soak lasagna pasta in hot water while you prep the rest of the ingredients. Set the oven to 375°F, and heat olive oil in a stockpot over medium heat.

2. Add onion and garlic, and sauté 5-7 minutes. Add mushrooms, zucchini, kale, salt, and black pepper, and cook until the kale wilts.

3. Stir in pasta sauce, bring to a boil, and remove from heat. In a medium bowl, mix egg, cottage cheese, Parmesan cheese, parsley, and 1/4 cup of mozzarella cheese.

4. Drain pasta and place evenly in the dish. Cover with the cheese mixture, sauce mixture, and half the remaining mozzarella cheese — in that order.

5. Add another layer of pasta, and repeat the step above. Cook covered in the oven for 30 minutes. Then uncover and cook for 15 minutes longer.