



Summer Squash and Tomato Salad

A refreshing summer salad bursting with flavors and colors.

Ingredients:

- 2 cups Summer Squash, sliced
- 1 cup Cherry Tomatoes, halved
- 2 cups Romaine Lettuce, torn
- 2 tablespoons Olive Oil
- 1 tablespoon Balsamic Vinegar
- Salt and Pepper to taste

Instructions:

1. In a large bowl, combine the sliced Summer Squash, halved Cherry Tomatoes, and torn Romaine Lettuce.
2. Drizzle the Olive Oil and Balsamic Vinegar over the salad.
3. Toss the ingredients until well coated with the dressing.
4. Season the salad with Salt and Pepper to taste.
- 5.

Serve immediately and enjoy the refreshing flavors of summer!



Grilled Vegetable Platter

A delightful medley of grilled vegetables served with a side of freshness.

Ingredients:

- 2 cups Summer Squash, sliced
- 1 cup Purple Eggplant, sliced
- 1 cup Bell Peppers (green, red, or yellow), sliced
- 1 Red Onion, sliced
- 2 cups Cucumbers, sliced
- 1 cup Cherry Tomatoes
- 1 cup Microgreens
- Olive Oil
- Salt and Pepper to taste

Instructions:

1. Preheat the grill to medium-high heat.
2. Toss the sliced Summer Squash, Purple Eggplant, Bell Peppers, and Red Onion with Olive Oil, Salt, and Pepper.
3. Grill the vegetables until they are tender and have grill marks, about 5-7 minutes per side.
4. Arrange the grilled vegetables on a platter.
5. Serve the grilled vegetables with a side of sliced Cucumbers and Cherry Tomatoes.
6. Garnish with fresh Microgreens for added freshness and serve as a colorful and healthy side dish.



Blueberry & Blackberry Smoothie Bowl

A luscious and vibrant smoothie bowl packed with antioxidants and natural sweetness.

Ingredients:

- 1 cup Blueberries
- 1 cup Blackberries
- 1 cup Kefir
- 1 Peach, sliced
- 1 Banana, sliced
- 2 tablespoons Microgreens

Instructions:

1. In a blender, combine the Blueberries, Blackberries, and Kefir.
2. Blend until smooth and creamy.
3. Pour the smoothie into a bowl.
4. Top the smoothie with sliced Peaches, Bananas, and Microgreens.
5. Dive in and enjoy a nutritious and satisfying breakfast treat!



Stuffed Patty Pan Squash

A delightful dish filled with savory goodness, perfect for a light lunch or dinner.

Ingredients:

- 2-4 Patty Pan Squash, depending on size
- ½ - 1 lb Bk Angus Ground Beef
- 1/2 cup Onion, finely chopped
- 1/2 cup Bell Peppers (green, red, or yellow), finely chopped
- 1 cup Cooked Rice (white or brown)
- 1/2 cup Cherry Tomatoes, halved
- 1/4 cup Chevre (Goat Cheese)
- 2 tablespoons Olive Oil
- Salt and Pepper to taste
- Fresh Microgreens for garnish

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the Patty Pan Squash and scoop out the insides to create a hollow center. Chop the scooped-out squash and set it aside.
3. In a skillet, heat Olive Oil over medium heat. Add chopped Onion, Bell Peppers, and the chopped Patty Pan Squash. Sauté until tender.
4. Add the Bk Angus Ground Beef to the skillet and cook until browned. Season with Salt and Pepper to taste.
5. Remove the skillet from heat and stir in the cooked Rice and halved Cherry Tomatoes.
6. Stuff each Patty Pan Squash with the beef and vegetable mixture.
7. Top each stuffed squash with crumbled Chevre.
8. Place the stuffed squash on a baking sheet and bake in the preheated oven for about 25-30 minutes or until the squash is tender.
9. Garnish with fresh Microgreens before serving for a burst of color and flavor.



Pacific Cod with Microgreens Salad

A light and nutritious fish dish served with a zesty microgreens salad.

Ingredients:

- 4 Pacific Cod Loins
- 2 tablespoons Olive Oil
- Salt and Pepper to taste
- 2 cups Microgreens
- 1 cup Peaches, sliced
- 1 cup Cherry Tomatoes, halved
- 1/4 cup Red Onion, thinly sliced
- 2 tablespoons Balsamic Vinegar
- 1 tablespoon Honey

Instructions:

Enjoy these delicious and wholesome meals using the fresh and healthy ingredients provided! Let me know if you need more recipes or have any other requests!

1. Preheat the oven to 375°F (190°C).
2. Season the Pacific Cod Loins with Salt and Pepper.
3. In a skillet, heat Olive Oil over medium-high heat.
4. Sear the cod loins for about 2-3 minutes on each side to get a nice golden crust.
5. Transfer the cod loins to a baking dish and bake in the preheated oven for about 10-12 minutes or until the fish is fully cooked and flakes easily with a fork.
6. In a bowl, combine Microgreens, sliced Peaches, halved Cherry Tomatoes, and thinly sliced Red Onion.
7. In a separate small bowl, whisk together Balsamic Vinegar and Honey to make the dressing.
8. Drizzle the dressing over the salad and toss gently to combine.
9. Serve the Pacific Cod Loins on a plate with a side of Microgreens Salad for a light and flavorful meal.



Bacon and Tomato Frittata

A hearty and satisfying frittata featuring the delightful combination of bacon and cherry tomatoes.

Ingredients:

- 6 Eggs, certified organic
- 1/2 cup Cherry Tomatoes, halved
- 4 Bacon Ends, chopped
- 1/4 cup Onion, finely chopped
- 1/2 cup Cheddar Cheese, shredded
- 1/4 cup Milk
- 2 tablespoons Olive Oil
- Salt and Pepper to taste
- Fresh Lettuce, Romaine for serving

Instructions:

1. In a mixing bowl, whisk together Eggs, Milk, Salt, and Pepper until well combined.
2. In an oven-safe skillet, cook the chopped Bacon Ends over medium heat until crispy. Remove the bacon from the skillet and set it aside on a paper towel.
3. In the same skillet with the bacon drippings, add Olive Oil and chopped Onion. Sauté until the onion becomes translucent.
4. Pour the egg mixture into the skillet, spreading it evenly.
5. Add halved Cherry Tomatoes and crumbled Bacon on top of the egg mixture.
6. Sprinkle shredded Cheddar Cheese over the frittata.
7. Cook the frittata over medium-low heat for about 5 minutes, or until the edges are set.
8. Transfer the skillet to the oven and broil for 3-4 minutes until the frittata is fully set and lightly browned on top.
9. Slide the frittata onto a serving plate, slice it into wedges, and serve with fresh Romaine Lettuce on the side for a delightful meal.



Kefir Blueberry Smoothie Bowl +Granola

A refreshing and nutritious smoothie bowl featuring probiotic-rich kefir and juicy blueberries.

Ingredients:

- 1 cup Probiotic, Kefir
- 1 cup Blueberries, pint, Emanuel Farm
- 1 Banana
- 2 tablespoons Honey
- 1/4 cup Granola
- Fresh Microgreens for garnish

Instructions:

1. In a blender, combine Kefir, Blueberries, Banana, and Honey.
2. Blend until smooth and creamy.
3. Pour the smoothie into a bowl.
4. Top the smoothie with Granola and fresh Cantaloupe Microgreens for added crunch and flavor.
5. Enjoy your Kefir Blueberry Smoothie Bowl for a delightful and nourishing breakfast or snack.



Eggplant and Bell Pepper Stir-Fry

A colorful and flavorful stir-fry featuring tender purple eggplant and vibrant bell peppers.

Ingredients:

- 1 Purple Globe Eggplant, diced
- 1 Bell Peppers (green, red, or yellow), sliced
- 1/2 Onion, thinly sliced
- 2 tablespoons Soy Sauce
- 1 tablespoon Sesame Oil
- 1 tablespoon Olive Oil
- 1/4 cup Water
- 2 tablespoons Onions greens, chopped
- Cooked Rice (white or brown) for serving

Instructions:

1. In a wok or large skillet, heat Olive Oil over medium-high heat.
2. Add diced Purple Eggplant and sliced Bell Peppers. Stir-fry for about 3-4 minutes until the vegetables are slightly tender.
3. Add thinly sliced Onion to the wok and continue stir-frying for another 2 minutes.
4. In a small bowl, mix Soy Sauce, Sesame Oil, and Water to make the sauce.
5. Pour the sauce over the vegetables in the wok and stir to coat evenly.
6. Cook for another 2-3 minutes until the sauce thickens and the vegetables are fully cooked.
7. Serve the Eggplant and Bell Pepper Stir-Fry over cooked Rice, and garnish with chopped Green Onions for an appetizing and wholesome meal.