



YELLOW NECTARINE MOSTARDA

(MAKES 2 SERVINGS)

Ingredients:

- 1 nectarine, pitted and small diced
- 1 shallot, minced
- ½ cup dry white wine
- 1 Tbsp brown mustard seeds
- 1 Tbsp dijon mustard
- 1 Tbsp white wine vinegar
- 1 Tbsp honey
- 1 Tsp kosher salt

Preparation:

1. Place all ingredients into a small saucepan. Bring to a boil, then lower heat to a light simmer.
2. Simmer for 12-15 minutes, until nectarines are soft.
3. Chill and serve with your favorite charcuterie.



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CUCUMBER AND CANTALOUPE SUMMER SALAD

(MAKES 4 SERVINGS)

Ingredients:

- 1 cucumber, seeded and large diced
- 1 cantaloupe, peeled/seeded and large diced
- 2 Tbsp fresh mint leaves, roughly chopped
- 1 lemon, juiced
- 2 Tbsp olive oil
- 1 Tbsp white sugar
- 1 Tsp kosher salt

Preparation:

1. Whisk together lemon juice, olive oil, salt, and sugar.
2. Toss dressing with cantaloupe, cucumber, and mint.
3. Chill and serve. Add optional garnish with crumbled feta cheese.



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HOISIN GLAZED EGGPLANT

(MAKES 4 SERVINGS)

Ingredients:

- 2 large eggplants, peeled and sliced into 1/4" medallions
- ½ bunch green onions, chopped
- ¼ cup sesame seeds, toasted
- ½ cup hoisin
- ¼ cup sesame oil
- ¼ cup sriracha
- 1 Tbsp fresh ginger, minced
- 1 Tbsp fresh garlic, minced
- 1 Tbsp kosher salt
- 1/2 cup olive oil

Preparation:

1. Spread eggplant medallions onto a baking sheet. Distribute salt over the top. Set Aside for 15 minutes.
2. Whisk together hoisin, sesame oil, ginger, garlic, and sriracha. Set aside.
3. After 15 minutes, use a paper towel to blot the moisture from the tops of each eggplant medallion. Coat with olive oil.
4. Using a hot cast saute pan, cook the eggplant on both sides until it is soft to touch.
5. Glaze each side of the eggplant with hoisin glaze.
6. Serve garnished with green onion and sesame seeds.



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CANDY BEET AND CARROT SLAW WITH COCONUT DRESSING

(MAKES 4 SERVINGS)

Ingredients:

- 2 candy beets, peeled and shredded
- 3 carrots, peeled and shredded
- ½ cup cashews, roasted and chopped
- ½ cup coconut milk
- ¼ cup rice vinegar
- 3 Tbsp tamari
- 1 Tbsp maple syrup
- 1 Tbsp kosher salt

Preparation:

1. Whisk together coconut milk, rice vinegar, tamari, maple syrup, and salt.
2. Toss with beets, carrots, toasted coconut, and cashews.



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ROMAINE SALAD WITH CHEVRE, PECANS, AND LEEK VINAIGRETTE

(MAKES 2 SERVINGS)

Ingredients:

- 1 head of romaine, chopped
- ¼ cup chevre, crumbled
- ¼ cup pecans, toasted and chopped
- 1 cup leeks, small diced
- 1 olive oil (set aside ¼ cup for cooking leeks)
- ¼ cup apple cider vinegar
- 2 Tbsp dijon mustard
- 1 Tbsp kosher salt

Preparation:

1. Heat up a saute pan on medium-high heat. Add ¼ cup olive oil, salt, and diced leeks. Saute until leeks are translucent and tender. Cool completely.
2. In a blender, add leeks, remaining olive oil, apple cider vinegar, and dijon mustard. Blend on high speed until dressing is thickened.
3. In a large salad bowl, add romaine, chevre, and pecans. Toss with leek vinaigrette.



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