

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.



Taste the bounty of the season!



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.
- 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

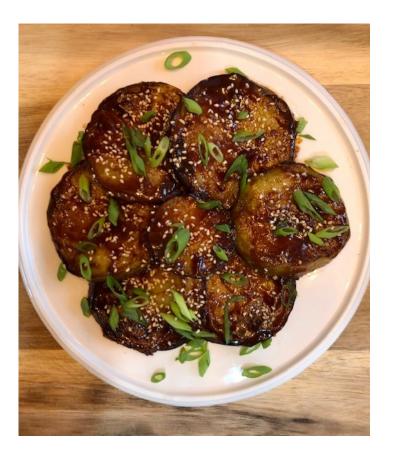
(MAKES 4 SERVINGS)

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:

- 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
- 1/4 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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