



CHEESY BROCCOLI & CAULIFLOWER SOUP



This soup is great for both broccoli and cauliflower OR one or the other

TIP: save chopped broccoli, cauliflower, and kale stems in the freezer and add them to this soup

INGREDIENTS 6 SERVINGS

- 1 head broccoli, cut into 1" pieces (2 cups of florets and stems)
- 1 head cauliflower, cut into 1" pieces (2 cups of florets and stems)
- 4 Tbsp olive oil
- 1 onion, diced
- 1-2 ribs of celery, diced (1/2 cup)
- 1 carrot, diced (3/4 cup)
- 5 cloves garlic, minced
- 3 Tbsp all-purpose flour
- 3 cups chicken stock, veggie stock, or water
- 1 cup half and half, milk, or cream
- 2 cups mild or medium cheddar cheese, shredded

DIRECTIONS

1. In a large pot set to medium heat, add 1 Tbsp olive oil, broccoli, cauliflower, 1/2 tsp salt, and black pepper to taste, and stir well.
2. Sauté for approximately 10 minutes, or until the veggies are softening and beginning to brown.
3. To the same pot, add another 1 Tbsp olive oil, onion, celery, and carrot, plus 1/4 tsp salt. Sauté for another 5 minutes.
4. Add the garlic and cook for another minute, stirring frequently.
5. Add 2 more Tbsp olive oil and sprinkle the flour over the veggies. Stir the mixture constantly for 1 minute.
6. Immediately add the stock or water plus the half and half, and bring the entire mixture to a strong simmer for 5 minutes, stirring often.
7. OPTIONAL - Immersion blend your soup at this point if you like a creamier-smoother version.
8. Add shredded cheese, a little at a time, stirring well in between additions, and simmer for five minutes, stirring frequently.
9. Taste and adjust for seasoning. Garnish with additional shredded cheese, if desired, and serve.



● Vegetarian

BASIL MELON SMOOTHIE

Basil can add delicious vibrance to any fruit smoothie

TIP: save browning bananas by peeling them and putting them in a bag in a single layer in the freezer for smoothies



2 SERVINGS

INGREDIENTS

- 1 cup sliced cantaloupe or melon of choice (about 1/3 of a melon)
- 3-6 basil leaves
- 2 frozen bananas
- 2/3 cup milk, plant-based milk, or yogurt

DIRECTIONS

1. Place all in a blender or container (for using an immersion blender) and blend until smooth



● Vegetarian ● Vegan ● Gluten-free ● Dairy-free



CRUNCHY BRASSICA SALAD

6-8 SERVINGS

INGREDIENTS

- 1 head broccoli florets and stems, cut into 1" pieces (2 cups)
- 1 head cauliflower florets and stems, cut into 1" pieces (2 cups)
- 2 cups cabbage, shredded
- 2 carrots, shredded
- 1/3 cup onion, finely diced
- 1/4 cup radish, finely diced
- 1/2 cup cheddar cheese, cut in small cubes or shredded
- 1/3 cup dried cranberries or raisins
- 1/2 cup sunflower seeds
- 3/4 cup mayonnaise
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar or honey

DIRECTIONS

1. Make dressing by whisking together the mayonnaise, vinegar, sweetener, salt and pepper to taste. Set aside.
2. Combine broccoli, cauliflower, carrot, cheese, cranberries or raisins, sunflower seeds, and onion in a large bowl.
3. Toss the salad ingredients with dressing and let sit for 30 minutes in the refrigerator to marinate before enjoying.

TIP: add a protein to make upgrade this satisfying salad

- Thinly sliced bacon, crumbled
- Hard boiled egg, chopped
- 1 can garbanzo beans, rinsed and drained

● Vegetarian

● Gluten-free