



WARM THAI SALAD

4-6 SERVINGS

INGREDIENTS

- 1 cup white rice
- 2 cups broccoli florets
- 3 Tbsp olive/peanut oil
- ½ cabbage, thinly shredded
- 3 Tbsp finely chopped fresh cilantro or parsley
- 3 Tbsp chopped peanuts (optional)
- Microgreens (optional)
- 3 cloves garlic, crushed and minced
- 3 tsp grated fresh ginger
 - OR 1 tsp ground ginger
- 1 Tbsp fish sauce
- ¼ cup sweet chili sauce
- 3 Tbsp lime juice

DIRECTIONS

1. Cook rice with twice the amount of water as uncooked rice in a large pot or rice cooker until tender. Drain, if necessary.
2. Boil, steam, or micro-steam (in the microwave) the broccoli until just tender. Drain.
3. Heat oil in a large wok or pan over medium heat. Stir-fry cabbage, garlic, and ginger until cabbage is just softening.
4. Add rice, broccoli, lime juice, and sauces (mixed together). Stir until just heated through.
5. Season to taste with salt and pepper. Serve topped with cilantro/parsley, microgreens, and peanuts.

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

EGG MUFFINS

12 MUFFINS

INGREDIENTS

- 8 large eggs
- ⅓ cup milk or half-and-half
 - OR nondairy milk
- ¼ tsp onion powder
- ¼ tsp garlic powder
- Red pepper flakes (optional)
- ¼ cup bell pepper, finely chopped
- ½ cup finely chopped tomatoes
- ½ cup finely chopped fresh spinach or kale
- ¼ cup crumbled feta cheese
- Chopped parsley, chives, dill, microgreens (optional)

DIRECTIONS

1. Preheat oven to 375°F. Spray a 12-count muffin pan generously with nonstick spray. I don't recommend using muffin liners, but if you'd like to, spray them generously with nonstick spray.
2. In a medium bowl, whisk together the eggs, milk, salt, pepper, onion powder, and garlic powder just until combined. Try not to over-mix, or too much air will be incorporated.
3. Spoon the chopped bell pepper, spinach, and/or other add-ins into each greased muffin cup—about 2 Tbsp in each. Spoon 1 Tbsp of cheese on top of each. Pour the egg mixture into each muffin cup, filling about ¾ full (just over the top of the add-ins and cheese).
4. Bake for 18-20 minutes or until puffy and golden brown around the edges.
5. Remove from the oven and cool in the pan for 5 minutes. The muffins deflate as they cool.
6. Remove the egg muffins from the pan, and either serve immediately, or cool completely and store in the refrigerator or freezer. Reheat by microwaving on high for 1-2 minutes.

● Vegetarian ● Gluten-free



<https://mountainwise.org/producerx/>

BROCCOLI LOVERS' CHEESY BITES

Every farmer and gardener knows how truly decadent broccoli is. It hogs nutrients and space all season long, just for a single harvest of one head of broccoli (and a few small secondary florets). This misunderstood vegetable doesn't need much more to be perfect! This dish is for you broccoli lovers out there who can find just about everything you need by simply using your head!

1-2 SERVINGS

INGREDIENTS

- 1 head of broccoli
- Block of cheese, any kind, any amount
- Butter or olive oil

DIRECTIONS

1. Heat ½ inch of water in the bottom of a small-medium sized pot with a tight fitting lid over medium-high. Use a steamer in the bottom, if you have one.
2. Use a vegetable peeler to take off the touch outer skin on the broccoli stem. Leave the head whole, quarter it, or separate the florets from the stem (leaving the florets as big as possible).
3. Add the broccoli, stem down, into the pot. Cover and steam 3-10 minutes, or until it is very slightly less tender than you would prefer.
4. Slice cheese into very thin slices.
5. Drain the water from the pot (you can drink it or add it to soup, if you like).
6. Slide cheese slices into the florets then place the lid back on the pot for a minute or two until the cheese is melted and broccoli is tender.
7. Serve hot with a fork and knife. Season with salt. Drizzle with olive oil or butter (if you like).

● Vegetarian ● Gluten-free

BAKED ZUCCHINI & TOMATOES

4-6 SERVINGS

INGREDIENTS

- 6 medium zucchini or yellow squash
- 4 medium tomatoes
- 1 medium onion
- 3 cloves garlic, crushed
- ¼ cup chopped fresh oregano
 - OR 1 tsp dried oregano
- ¼ cup olive oil or oil from below
- ⅓ cup drained sun-dried tomatoes in oil, chopped (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Halve each zucchini/squash crosswise. Quarter each half lengthwise. Quarter tomatoes. Halve then quarter onion. Peel onion layers apart onion to leave thin wedge-shaped slices.
3. Gently toss zucchini/squash, tomato, onion, oregano, and garlic with olive oil in a large bowl until coated. Spread on a baking sheet or dish.
4. Bake covered with lid or foil for 20 minutes.
5. Stir in the sun-dried tomato pieces.
6. Bake uncovered another 15 minutes or until zucchini/squash are just tender.
7. Season with salt and pepper. Serve as a side or over pasta/couscous.

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